

Rockville Recreation and Parks

2016

Summer Guide



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**Tots/Preschool • Children • Croydon Creek Nature Center
Teens • Adults • Seniors • Aquatics • Cultural Arts**

Summer in the City



We're here to help you connect, create and celebrate life in Rockville. We contribute to a high quality of life by connecting citizens and visitors of Rockville with exceptional parks and extraordinary recreational opportunities. These services provide the foundation for physical, social, economic and environmental viability and the well-being of the community. *Welcome to Rockville Recreation and Parks.*

Stay Informed

www.rockvillemd.gov/recreation

Email: rockenroll@rockvillemd.gov

240-314-8620



[Twitter.com/rockvillerec](https://twitter.com/rockvillerec)



[Instagram.com/rockvillerec](https://www.instagram.com/rockvillerec)



Recreation and Parks Mission Statement

To promote participation by all Rockville citizens in diverse, interesting and high quality recreational and leisure opportunities in safe, modern and well maintained parks and facilities.

Rate Key:

Prices are listed as
Resident (R)
Non Resident (NR)

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**Senior and Swim Member program
registration begins May 10, 2016**

General registration begins May 12, 2016

Rockville Earns National Recognition for Healthy Initiatives

Let's Move! Rockville achieved gold medals in all five categories and was recognized by the National League of Cities.

Playful City USA - The city was recognized as a leader in providing all children easy access to balanced and active play.

Rockville's Mayor and Council passed a resolution to be a **Healthy Eating Active Living** community, encouraging healthy living among residents and employees.



Note to parents: In order to assist us in offering quality programs for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**



Tiny Olympians

Tiny Olympians Camp is centered around the 2016 Summer Olympics in Rio. Toddlers will participate in a mini version of olympic activities and crafts. Activities will include long jump, track, shot put, soccer, basketball, high jump, obstacle course, tumbling and more. We will have a special closing ceremony on the last day. Please wear comfortable clothing and sneakers each day. Parents do not attend; this is a drop off camp.

Age: 3-5
55416 M-F 7/11-7/15 9-11 AM \$90/\$110
Lincoln Park CC



Arts, Dance and Enrichment

Music Together (Adult/Child)

Nurture your child's natural enthusiasm for music and movement through singing, dancing, chanting and instrument play. Children have an innate ability to learn music as language. Fee includes two Music Together trademark CDs, illustrated songbook and parent education materials. Cost of materials is non-refundable. Sibling fee is \$89. Siblings under 10 months may attend for free (no registration necessary). Fax, mail or walk-in your registration for siblings 10 months and older to receive a discount. Adult participation required.

Age: 1 mo-5 yr
55183 W 6/22-7/27 9:30-10:15 AM \$120/\$139/\$89
55184 W 6/22-7/27 10:30-11:15 AM \$120/\$139/\$89
Thomas Farm CC/Liddle

Age: 1 mo-5 yr
55185 Th 6/23-7/28 9:30-10:15 AM \$120/\$139/\$89
55186 Th 6/23-7/28 10:30-11:15 AM \$120/\$139/\$89
Twinbrook CRC/Winkler



Little Fingers Piano Parent/Child

Students will be introduced to piano through a group learning experience. Children will be introduced to musical symbols and play songs in a relaxing and age appropriate environment. The objective of these classes is to introduce children to music and specifically piano in order to promote a love of music and desire to have music in their lives in a meaningful and productive way. Program includes FREE instrument rental and materials. No materials fee. Rental agreement must be signed - rental must be returned at the last scheduled class of the session.

Age: 3-5
55176 Sa 6/18-7/30 9:30-10 AM \$120/\$129
55177 Sa 6/18-7/30 10:15-10:45 AM \$120/\$129
Twinbrook Community Rec. Center Annex/Learn Now Music

PB&J

Play Books & Jam! Parents join your kids and have fun in this creative class, as we read a book then create a craft based off the story. Afterwards, move and groove in the gym, jamming to music while we play with toddler toys.

Age: 2-4
56076 F 7/22-8/26 10-11 AM \$60/\$65
Lincoln Park CC





Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Pre-Ballet



Introduce your child to dance, movement and basic ballet techniques. Rhythm, coordination and fun are emphasized. Ballet shoes, loose-fitting clothing or leotards and tights are recommended but not required. Ballet barres are provided at Rockcrest Ballet Center.

Age: 3-4

55190	Sa	6/25-7/30	10-10:45 AM	\$72/\$82
Twinbrook CRC				

Age: 3-4

55192	Sa	6/11-7/23	10:45-11:15 AM	\$64/\$69
55193	Sa	6/11-7/23	11:15-11:45 AM	\$64/\$69
Thomas Farm CC/Simpson				

Age: 3-4

55195	Sa	6/18-8/6	10-10:45 AM	\$72/\$82
55196	W	6/22-7/27	10:30-11:15 AM	\$72/\$82
Rockcrest Ballet Ctr./ Chongpinitchai, Langdon				

Age: 4-5

55191	Sa	6/25-7/30	11-11:45 AM	\$72/\$82
Twinbrook CRC				

Age: 4-5

55194	Sa	6/11-7/23	10-10:45 AM	\$72/\$82
Thomas Farm CC/Simpson				



Tiny Tots Dinosaur Party



Enjoy a dino egg hunt, crafts and refreshments. Learn about our prehistoric friends, the dinosaurs. Fee is \$2 per child and all adults attending must purchase a day pass or have a TFCC center membership. Event will be canceled in event of inclement weather.

Child - Age: 1 mo-5 yr

56083	Tu	8/9	10 AM-12 PM	\$2
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Adult - Age: 6+

56082	Tu	8/9	10 AM-12 PM	\$6/\$8
Thomas Farm CC				

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Tiny Tigers



Help your child improve his or her concentration and attention span. Enhance motor skills including balance, agility and coordination while developing sharing and social skills in a safe, fun-filled atmosphere. Fee includes uniform for first time students.

Age: 3-4

55300	M & W	6/20-7/20	6-6:30 PM	\$99/\$109
55301	Tu & Th	6/21-7/21	4-4:30 PM	\$99/\$109
Kicks Karate/Staff				

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Little Tennis Aces



Learn to play tennis with your youngster using smaller nets and larger, softer balls. A variety of age appropriate activities will be used to develop the child's skills for tennis. Have fun and participate with your child at the same time! Rackets are provided. Adult participation required.

Age: 4-5

55258 Sa 6/18-7/30 3-3:45 PM \$69/\$79

55259 Su 6/19-7/31 9-9:45 AM \$69/\$79

King Farm Park/Z. Yargici

Tiny Hoopers



You're never too young to start playing basketball.

This program will teach your little one sportsmanship, teamwork and the basic fundamentals needed to play the game.

Age: 4-6

56072 Th 6/9-7/14 5:30-6:15 PM \$55/\$60

Lincoln Park CC/Dawkins

Tiny Tykes Basketball



Your little one will enjoy some exercise and fun and learn the basics of basketball: dribbling, passing and shooting. Socialization, teamwork and good sportsmanship will be emphasized.

Age: 4-5

55302 Sa 6/25-8/6 9:30-10:15 AM \$69/\$79

Thomas Farm CC/Rose



Time for Toddlers



Monday Morning Moms

Mondays, 10 a.m.-Noon

Parents and preschoolers enjoy play equipment in the gym.

Twinbrook Community Recreation Center

240-314-8830

Tiny Tots Drop-In

Tuesdays, 10 a.m.-Noon

Tiny Tot Dinosaur Celebration, Aug. 9

Thomas Farm Community Center

240-314-8840

Toddler Time

Wednesdays, 10 a.m.-Noon

Parents and preschoolers enjoy play equipment in the gym.

Lincoln Park Community Center

240-314-8780

Polliwog Adventures

Select Thursdays,

10-11 a.m.

(Advanced registration required)

Croydon Creek Nature Center

240-314-8770

Join our Last Hurrah



Twinbrook Community Recreation Center Annex

Looking for a fun camp experience
before the end of the summer?

Come participate in crafts, organized
games, sports and other fun activities.

Wear play clothes and tennis shoes.

Brink a drink, lunch and a snack.

Residents-\$175 • Non Residents-\$195

240-314-8830

Get into Summer!!

Family Movie Nights in the Park

Watch a movie on the BIG screen.

Bring your family and friends, lawn chairs,
blanket and dinner. Don't forget bug spray!

Movie will be shown in English.

All Ages - Free

**Twinbrook Community
Rec. Center**

Fri., Aug. 5, 8:30 p.m. (sunset)

Preschool Fun

at

Lincoln Park Community Center

357 Frederick Ave. 20850

PB&J

Play Books & Jam! Parents join your
kids in this creative class, as we read
a book then create a craft based on
the story. Afterwards, we'll move and
groove in the gym, jamming to music
while we play with toddler toys.

Ages 2-4

Fridays July 22-August 26

10-11 a.m.

#56076

\$60 resident; \$65 non-resident

Tiny Hoopers

You're never too young to start playing
basketball. This program will teach your
little one sportsmanship, teamwork and
the basic fundamentals needed to play
the game.

Ages-4-6

Thursdays June 9-July 14

5:30-6:15 p.m.

#56072

\$55 resident; \$60 non-resident

Note to parents: We require, for most programs, that children are the required age as of the date of the first class. All age requirements are set to benefit the child and allow for more consistent program instruction. In some instances, the requirements have been set for the child's safety. If your child does not meet the age requirements by the start of class and you would like to request an exception, please fax, mail or walk-in your child's registration form. Note: Classes with low enrollment will be canceled 7-10 days prior to first class. Register early to avoid cancellations. **For holidays and no class dates, see <http://rockenroll.rockvillemd.gov>. Enter course number to view course details.**

Arts, Dance and Enrichment

Ballet for Children



Learn the art of ballet through an elementary but professional approach. Register for the appropriate level which may be changed at the discretion of the instructor. Solid color leotard and ballet shoes recommended. Children should remain in Beginner for two years, then move on to Intermediate for four years before progressing to Advanced. Students with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Those previously enrolled at the RBC should register for the same class. Participants registering for two or more classes may apply a \$5 discount. Register by mail, fax or walk-in to receive a discount. See Teen section for more classes. **All classes held at Rockcrest Ballet Center.**

Young Beginner Ballet - Age: 5-7

55157	Sa	6/25-7/30	11 AM-12 PM	\$72/\$82
Chongpinitchai				

Beginner Plus - Age: 6-13

55156	F	6/10-7/22	5:45-6:45 PM	\$72/\$82
Simpson				

Beginner - Age: 6-12

55159	Sa	6/25-7/30	12:15-1:15 PM	\$72/\$82
Chongpinitchai				

Intermediate I - Age: 7+

55155	F	6/10-7/22	4:45-5:45 PM	\$72/\$82
Simpson				

Intermediate II & III - Age: 8+

55153	M	6/6-7/18	4:45-5:45 PM	\$72/\$82
Simpson				

Intermediate II & III - Age: 8+

56130	M	8/22-8/29	4:45-5:45 PM	\$20/\$23
Langdon				

Intermediate III & IV - Age: 9+

55154	W	6/8-7/20	4:45-5:45 PM	\$82/\$89
Simpson				

Intermediate III & IV - Age: 9+

56131	W	8/24-9/7	4:45-5:45 PM	\$29/\$33
Langdon				

Clubhouse Extra



Clubhouse Extra is an extended day program that is safe and structured for all school-aged campers. Activities include afternoon crafts, sports/games, computer fun and a snack. No program on 7/4 and 8/5.

Age: 5-13

54778	M-F	6/27-8/4	3:30-6:30 PM	\$55/\$90
Lincoln Park CC/Chase				

Late Night Super-Sized



Enjoy a night out with friends. Have a blast jumping on an over-sized moonbounce and challenging friends to oversized games. Music and crafts are included. Food & drinks will be sold. Space is limited. Pre-registration encouraged. Fee at the door is \$13 for residents; \$17 for nonresidents, beginning at 6:30 p.m.

Grade: 3-7

54954	F	6/3	7-10 PM	\$10/\$12
Thomas Farm CC				

LNM Group Drum Experience

Budding musicians will participate in drum instruction and theory as well as musical games, special extension curriculum based activities, musical listening excerpts, related projects and more! Each student will be issued a FREE rental instrument & materials to borrow for the duration of the class; materials are intended for at-home practice, as well. Instruments must be returned at the end of the program on the last scheduled class day.

Age: 5-12

55179	Sa	6/18-7/30	11 AM-12 PM	\$169/\$179
Twinbrook Community Rec. Center Annex/Learn Now Music				

New! Ukulele for Beginners

Have fun learning one of the happiest instruments around: the ukulele. Bring a ukulele or rent one for \$25 per month. Note: \$6 fee for instructional book due at first class. Call 301-340-1150 for more information.

Age: 9-14

56106	M	6/20-8/1	4-5 PM	\$120/\$130
The School of Music/The School of Music Staff				

Before and After School Enrichment

After School Adventure

This afternoon program provides children with a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is available from Meadow Hall ES and Twinbrook ES. The program does meet on MCPS early release days.

Age: 5-11

55981	M-F	8/29-10/7	3:30-6:30 PM	\$145/\$165
55982	M-F	10/10-11/18	3:30-6:30 PM	\$145/\$165

Twinbrook Community Rec. Center Annex

Clubhouse

This drop-in, afterschool program is designed for children to spend time learning, creating and exploring. Van transportation is provided from Maryvale ES. All other local school students are transported by MCPS request. Homework time, snack, crafts and games are scheduled daily. Field trips and special events are held throughout the year. OASIS: CATCH Healthy Eating Habits and Organwise has teamed up with LPCC to provide a unique nutrition and physical activity program weekly to each participant. Clubhouse is not held on MCPS non-school days but is open on half days. Note: All children must be picked up by 6:30 p.m. Extra charges will apply for late pick ups.

Grade: K-5

55997	M-F	8/29-10/7	3:30-6:30 PM	\$115/\$135
55998	M-F	10/10-11/18	3:30-6:30 PM	\$115/\$135
56000	M-F	11/21-12/23	3:30-6:30 PM	\$115/\$135

Lincoln Park CC/Chase

Early Birds

This morning program offers children a safe and fun environment. Computer lab, crafts, organized games and other enrichment activities are offered. Transportation is provided to Twinbrook ES. The program does not meet on MCPS non-school days. Note: Optional daily drop-in is available for a \$10 daily fee.

Age: 5-11

55975	M-F	8/29-10/7	7-9:30 AM	\$120/\$130
55976	M-F	10/10-11/18	7-9:30 AM	\$120/\$130

Twinbrook Community Rec. Center Annex



Twinbrook After School Club



Join us after school for activities that focus on recreation, fitness and fun. Homework help is included and a healthy snack is provided daily. The Club will meet on MCPS early release days but will not be held on non-school days. Scholarships are available for qualified City residents. Call 240-314-8620 for additional scholarship information.

Grade: K-5

55567	M-F	8/29-10/7	3:50-6:30 PM	\$145/\$165
55568	M-F	10/10-11/18	3:50-6:30 PM	\$145/\$165
55569	M-F	11/21-12/23	3:50-6:30 PM	\$145/\$165

Twinbrook ES

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Karate - Tang Soo Do Youth



This program is designed specifically for beginners and can help your child improve self-discipline, develop better concentration and improve academic performance. Fee includes uniform for first time students.

Age: 5-7

55251	M & W	6/20-7/20	(M) 5:30-6:10 PM (W) 4-4:40 PM	\$99/\$109
55252	Tu & Th	6/21-7/21	5:55-6:35 PM	\$99/\$109

Kicks Karate/Staff

Age: 8-12

55253	M & W	6/20-7/20	(M) 3:45-4:30 PM (W) 4:30-5:15 PM	\$109/\$119
55254	Tu & Th	6/21-7/21	6:30-7:15 PM	\$109/\$119

Kicks Karate/Staff

Kids Fit Yoga



Did you know that in addition to improving strength, flexibility and body awareness, yoga can help increase focus and concentration? And if you're looking for cross-training for other sports, this class can help with injury prevention as well as improve neuromuscular coordination. Beginning and experienced students welcome.

Age: 8-12

55616 Sa 6/18-8/6 10:15-11 AM \$86/\$99
Rockville Swim and Fitness Center/Groman

Taekwondo for Kids



This class combines martial arts and fun activities that will help your child learn self-defense and improve their confidence and self-discipline. We will cover basic kicks, blocks, strikes and self-defense techniques. Taught by a World Taekwondo Federation certified 4th degree Black Belt.

Age: 6-11

55618 Su 6/19-8/7 2:30-3:30 PM \$60/\$70
Rockville Swim and Fitness Center/Fumagalli

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Fencing - Youth Beginner



Designed to expose children to the Olympic sport of fencing, this class emphasizes safety and proper technique. Equipment is provided. Participants need to wear comfortable clothes and a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 7-9

55229 Th 7/14-9/1 6-7 PM \$114/\$129
55230 Sa 7/16-9/10 11 AM-12 PM \$114/\$129
55231 Su 7/17-9/11 9-10 AM \$114/\$129
Rockville Fencing Academy/Staff

Age: 10-13

55232 Th 7/14-9/1 7:20-8:40 PM \$114/\$129
55233 Sa 7/16-9/10 12:20-1:40 PM \$114/\$129
55234 Su 7/17-9/11 4-5:20 PM \$114/\$129
Rockville Fencing Academy/Staff

Little Big Shots Basketball



Children will be introduced to basketball skills such as dribbling, passing, catching and shooting, all through fun games and activities. Develop motor skills and learn good sportsmanship along the way.

Age: 6-7

55257 Sa 6/25-8/6 10:15-11 AM \$69/\$79
Thomas Farm CC/Rose

FREE!

Games 2 Go

5:30-7 p.m.

Thursday, June 9 at Hillcrest Park
Thursday, August 25 at Maryvale Park

Come meet our recreation staff and neighbors for an evening of fun games and activities.

All ages welcome. For status call weather line 240-314-5023

Skateboarding for Kids



Interested in skateboarding? Whether you are a first-time rider or a pro, these classes will teach everything from the basic kick turn and ollie, to the advanced 360 flip and more! For Intermediate Level - participants must be able to perform dropping in, kick turns, pushing, pumping and tic tac. Bring skateboard, helmet, knee and elbow pads and wrist guards.

Beginner - Age: 5-14

55267 Sa 6/18-7/30 11 AM-12 PM \$69/\$79

Intermediate Level - Age: 5-14

55268 Sa 6/18-7/30 12-1 PM \$69/\$79
Rockville Skate Park/Verdell

Soccer Skills



Practice soccer fundamentals and develop better skills. Dribbling, passing, trapping and shooting are covered, as well as basic concepts for strategy and teamwork. Scrimmages will be introduced based on skill level of participants.

Age: 4-5

55269 Sa 6/11-7/23 9-9:50 AM \$69/\$79
King Farm Park/Thomas

Age: 4-5

55985 M 6/20-8/1 5:45-6:30 PM \$69/\$79
Montrose CC & Pk./Hawkins

Age: 6-7

55270 Sa 6/11-7/23 10-10:50 AM \$69/\$79
King Farm Park/Thomas

Age: 6-8

55271 W 6/22-7/27 6:30-7:15 PM \$69/\$79
Montrose CC & Pk./Hawkins

New! Sports and Games Action

Have fun and meet new friends while learning a variety of sport skills and games. Participants will develop and improve skills in throwing, catching, kicking and batting abilities. Activities may include soccer, kickball, t-ball and more. Wear sneakers and bring a water bottle.

Age: 5-7

56004 M 6/20-8/1 6:30-7:15 PM \$69/\$79
Montrose CC & Pk./Hawkins

Superheroes Sports

Come join the fun as you learn a variety of sports and games with your favorite superheroes in mind. Each week a different superhero will be featured along with new activities. Make new friends, develop and improve gross motor skills and learn about cooperation and team work.

Age: 4-5

55274 W 6/22-7/27 5:45-6:30 PM \$69/\$79
Montrose CC & Pk./Hawkins

T-Ball Skills - Beginner

Have your kids experience what it's like to be on a team through game-like play! Coaches will teach the fundamentals of baseball and give one-on-one attention to help kids learn this great game. Bring a mitt to this fun and active class.

Age: 5-7

55276 Sa 6/25-8/6 10-10:50 AM \$69/\$79
55277 Sa 6/25-8/6 11-11:50 AM \$69/\$79
King Farm Park/Orrrell



Worried about the weather?

Call the Rec Line at 240-314-5023.

Select #1 for class status.

Tennis - 10 and Under

Using kid-sized racquets, lower nets, softer balls and smaller courts, players learn tennis easily and quickly in a child-friendly environment. Children are taught through a variety of racquet and ball activities, and enjoyable tennis games. Junior racquets are provided or participants may bring their own racquet.

Age: 5-7

55280 Sa 6/18-7/30 9-9:50 AM \$69/\$79
King Farm Park/Gough

Age: 5-7

55283 W 6/15-7/20 4-4:50 PM \$69/\$79
Broome Gym & Pk./Raaf

Age: 6-8

55282 Su 6/19-7/31 10-10:50 AM \$69/\$79
King Farm Park/Z. Yargici

Age: 6-8

55284 Th 6/16-7/21 5-5:50 PM \$69/\$79
Montrose CC & Pk./Z. Yargici

Age: 8-10

55281 Sa 6/18-7/30 4-4:50 PM \$69/\$79
King Farm Park/Z. Yargici

Age: 8-10

55285 Th 6/16-7/21 6-6:50 PM \$69/\$79
Montrose CC & Pk./Z. Yargici

Age: 8-10

55286 Sa 6/18-7/30 10-10:50 AM \$69/\$79
King Farm Park/Gough

Age: 8-10

55287 Sa 6/18-7/30 4-4:50 PM \$69/\$79
Broome Gym & Pk./Raaf

Age: 8-10

55288 M 6/20-8/1 4:30-5:20 PM \$69/\$79
King Farm Park/Gough

Age: 5-7

56144 Sat 6/18-7/30 3-3:50 pm \$69/\$79
Broome Gym & Pk./Raaf

Tennis Skills and Drills



Develop and improve fundamental skills including use of proper grip, racquet preparation and swing path. Participate in a variety of fun tennis drills and games that will keep you moving. Children may be moved to a more appropriate class by instructor based on skill level. Bring a racquet and water bottle.

Age: 9-12
55297 Sa 6/18-7/30 11-11:50 AM \$69/\$79
King Farm Park/Gough

Age: 11-14
55299 M 6/20-8/1 5:30-6:20 PM \$69/\$79
King Farm Park/Gough

Age: 11-15
56124 W 6/15-7/20 5-5:50 PM \$69/\$79
Broome Gym & Pk./Raaf

Age: 13-16
55298 Sa 6/18-7/30 12-12:50 PM \$69/\$79
King Farm Park/Gough

Sports - Leagues



We recommend bringing a water bottle to all league practices and games.

Fall Cross Country

Have a blast with your friends running cross country this fall. Program includes practices and meets for boys and girls. Five meets are planned at courses around the City on Saturday mornings. Volunteer coaches will conduct one practice during the week, commencing 9/12 and continuing throughout the season. Montgomery County Road Runners assist with the meets. **Early bird registration: Register by 8/25 and save \$10.** Registration deadline is 9/1. Cost: prior to and on 8/25, fee is \$59 resident (R)/\$69 non-resident (NR) (early bird). After 8/25, fee is \$69R/\$79NR

Divisions:

Lil' Rabbits – Grades: 1st - 3rd
course number: 56073 – run 3/4 of a mile at meets

Striders – Grades: 4th - 6th,
course number: 56074 – run 1 mile at meets

Rapid Runners – Grades: 6th- 8th
course number: 56075 – run 2 miles at meets

Season timeframe: Saturdays, 8-10 a.m., 10/1-11/5

Meet locations include: Civic Center Park, Dogwood Park and Woodley Gardens Park

Practice timeframe: weekday evenings (1 hour), 9/12-11/4.

Worried about the weather?

Call the Sports League Line
at 240-314-5055.

Fall Soccer Co-Ed League

Your child will have a safe, fun and beneficial soccer experience. Emphasis is based on skill development and fun. There will be one practice during the week commencing 9/12 and continuing throughout the season. Games will be on Saturdays starting 9/24. Coaches will inform team members regarding practice and game times. **Early bird registration: Register by 8/25 and save \$10.** Registration deadline is 9/1.

Pre-K to 3rd grade:

Cost: prior to and on 8/25, fee is \$60 resident (R)/\$70 non-resident (NR) (early bird). After 8/25, fee is \$70R/\$80NR

Divisions:

Ankle Biters

Grade: Pre-K, course number: 56081, Play 4vs4

Tiny Kicks K

Grade: Kindergarten, course number: 56077, Play 4vs4

Tiny Kicks I

Grade: 1st, course number: 56136, Play 4vs4

Pee Wee

Grades: 2nd - 3rd, course number: 56078, Play 7vs7

Season timeframe: Saturdays, 9-2pm, 9/24-11/5,
1 hour games

Location: Broome Athletic Park

Practice timeframe: weekday evenings (1 hour),
9/12-11/4.

4th to 8th grade:

Cost: prior to and on 8/25, fee is \$62R/\$72NR (early bird). After 8/25, fee is \$72R/\$82NR

Divisions:

Bantams

Grades: 4th - 5th, course number: 56079, Play 9vs9

Midgets

Grades: 6th - 8th, course number: 56080, Play 11vs11

Season timeframe: Saturdays, 9-2pm, 9/24-11/12,
1 hour games

Location: Mark Twain Athletic Park

Practice timeframe: weekday evenings (1 hour),
9/12-11/11.

Youth Tennis Tournaments

Everyone's a winner with our Youth Tennis Tournament! Emphasizes skill development in a fun, non-competitive tournament, which is sanctioned by the United States Tennis Association. Participants will have a smashing time using kid-sized courts, nets, rackets, and low compression balls.

10 & Under Tournament

Age: 9-10

54792	Sa	6/4	11 AM-5 PM	\$28/\$33
55120	Sa	9/3	11 AM-5 PM	\$28/\$33
TBA				

12 & Under Tournament

Age: 11-12

55122	Sa	8/27	8 AM-6 PM	\$33/\$38
TBA				



ROCKVILLE FOOTBALL LEAGUE

Tackle
Ages 6-14

Start Dates:

Practices begin Aug. 1
Games begin Labor Day weekend,
Sept. 3 & 4

Location:

Mattie Stepanek Park
1800 Piccard Drive, Rockville 20850

Registration:

Information and fees available
on RFL website

<http://rfl.cc>

Celebrate National Public Works Week with Rockville's Equipment Show



Thursday, May 19
11 a.m.-4:30 p.m.

Rockville Swim and Fitness Center
Outdoor Pool Parking Lot
355 Martins Lane

FREE!

- For kids – and kids at heart!
- Climb aboard some of the big trucks used by the city's Department of Public Works.
- Balloons, popcorn, coloring books and other giveaways.
- Meet staff from the city's Department of Public Works.

For more information, contact
Susan Fournier at 240-314-8503 or
sfournier@rockvillemd.gov

www.rockvillemd.gov/publicworks

Call for Volunteer Youth Sports Coaches!

Interested in giving back to your community? We have the perfect opportunity for you. Volunteer to coach one of our youth sports leagues this fall:

- **Youth Soccer**
- **Youth Cross Country**

For more information call 240-314-8620 or email sports@rockvillemd.gov



Five family movies. Five nights.
Five neighborhood parks.

**On the big screen every
Wednesday**

Aug. 3-24

Chairs, blankets, food and beverages are
welcome. Movies begin at dusk
(approximately 8 p.m.).

**[www.rockvillemd.gov/
moviesintheparks](http://www.rockvillemd.gov/moviesintheparks)**

15TH ANNUAL
**Back-To-School
Jam**

Friday Aug. 19 • 6-8:30 p.m.

Lincoln Park Community Center

- \$2 per backpack with some school supplies for City of Rockville students. (limit of 4 per family)
- Information Tables
- School Representatives
- DJ and Prizes
- Food, Drinks and More



Thank you to all our sponsors and volunteers
from Rockville Housing Enterprises,
City of Rockville, Linkages to Learning.

240-314-8780

www.rockvillemd.gov/lpcc

NIKE GOLF 
LEARNING CENTER



NIKE GOLF CAMP

RedGate Golf Course is proud to host the fastest growing
golf camp in Montgomery County. It is our commitment
to provide Junior Golfers with the tools to enjoy this great
game for a lifetime in a safe and fun environment. All skills
and abilities are welcome.

SCHEDULE Weekly Camps June - August
Full Day and Half Day camps available

**CALL THE GOLF SHOP AT 240.406.1650 OR
SIGN UP AT REDGATEGOLF.COM/ACADEMY**



Register now for summer camp



June 20 - August 26, 2016
Ages 5-18

Discover new talents, create new artwork, and make new friends at VisArts this summer. One-week and two-week art camps allow students to explore various media, from drawing, painting, and woodworking to mixed media.

Before care and extended care are available.

New for 2016 summer camp:

- half-day camps for our youngest campers
- focused explorations of specific media



Register at

www.visartsatrockville.org

155 Gibbs Street, Rockville, MD 20850 | 301-315-8200



READING ROCKS

Campers will engage in fun story themed based activities each day.

Thomas Farm Community Center

Ages 6-10

9 a.m. - 3 p.m.

July 11-15, #54111

July 18-22, #54112

\$200 - City residents

\$225 - Nonresidents

240-314-8840

Clubhouse Extra Camp

Lincoln Park Community Center

June 27-August 4

Cost: \$55/90

EXTENDED DAY PROGRAM

Mon.-Fri., 3:30-6:30 p.m.

Ages 6-12

Crafts, sports, games, computer fun and daily snack.

No programs on 7/4 and 8/5.

No transportation provided.

www.rockvillemd.gov/lpcc

We've Got Your Summer Covered!

at City of Rockville's 2016

Summer Camps

A wide variety of camps for all ages, offered June 20 to August 24.
Register now, spaces are limited!

Here are a few to choose from:

Summer Blast

- Offered weekly, 6/27-8/12
- Ages 5 to 11
- 7:30 a.m.-6 p.m.
- Three convenient locations:
Twinbrook Comm. Rec. Ctr.,
College Gardens ES, Lakewood ES



Campventures / Camp Quest

- Field trip camps for ages 7-9 & 10-12
- Includes swimming, games, crafts and more.

Way Off Broadway / Pottery

- Enjoy the arts at either a hands on pottery camp or a terrific theater camp

***Pick up your guide at City Hall, Rockville recreation centers
or the Rockville or Twinbrook libraries***

View the Camp Guide at www.rockvillemd.gov/camps

NOTIFY ME!

Sign up to receive notifications of Recreation and Parks programs, cultural arts and special events, community center activities and more.

Go to the city's website at www.rockvillemd.gov and click on "Notify Me" button



Thank You!



The generosity of the Rockville Recreation and Parks Foundation helps to ensure that hundreds of children can participate in recreation programs.

To learn more about the Rockville Recreation and Parks Foundation, please see page 71 or visit www.rrpfi.org

Summer Camps

Open House

at **Croydon Creek Nature Center**

Fri., June 3, 5:30-7:30 p.m.

Registered for a summer camp in Rockville?

Bring your kids and their completed camp forms this evening to CCNC to experience a summer camp preview.

Children will meet some of our staff, try a few camp activities and roast marshmallows by the campfire while adults drop off completed camp paperwork.

FREE EVENT

**Open to families
registered for any summer
camp operated by the City of
Rockville**

**852 Avery Rd, Rockville MD
240-314-8770**

Croydon Creek Nature Center



852 Avery Road (off Baltimore Road) • Rockville, MD 20851 • 240-314-8770
www.rockvillemd.gov/croydoncreek



Activities are held at Croydon Creek Nature Center. Registration is required and is available for programs up until the day of the event as space allows. There are no registration deadlines, unless otherwise stated.

Celebrate Honeybees (Adult/Child)

Learn about the amazing and gentle honeybee with our volunteer beekeeper. Explore beekeeping, honeybee biology, and extract honey from the comb. All participants must register and children under age 10 must be accompanied by a registered adult.

Age: 5+
 55914 Sa 7/23 1:30-3 PM \$5/\$6

Creek Crawl

How many different animals live in Croydon Creek? Find out as we spend an afternoon in our aquatic habitat searching and identifying local critters. Wear closed-toe shoes and bring a towel. Children under 7 must be accompanied by an adult.

Age: 3-12
 55917 Su 8/14 2-3:30 PM \$5/\$6

New! Creek Critters Service Learning

Need to earn a few student service learning (SSL) hours? Enjoy exploring streams and creeks? Here's your chance to learn how to use the Audubon Naturalist Society's Creek Critters app to identify critters in our stream. The information you gather will be used to generate a stream health report for our creek. Participants should download the app from Google Play or the iTunes store prior to the event. Wear closed-toe shoes!

Age: 12-18
 56037 Sa 6/11 1-3:30 PM Free

Nature Tots (Adult/Child)

Spend time with your child discovering the wonders of nature. A Naturalist will help you explore a new nature topic through nature play, crafts, stories and hikes. Dress for the weather. This program is intended to provide special one-on-one time for you and your child. Adult participation required. Spaces are limited.

Meadow - Age: 2-5
 54871 Th 6/9 10-11:30 AM \$8/\$10

Polliwog Adventures (Adult/Child)

Each week explore a new topic in natural history. Through stories, short hikes, games and activities, little ones will learn about nature in a hands-on environment. Adult participation required. Spaces are limited. Age: 2-5.

Nature Senses

55903 Th 7/7 10-11 AM \$7/\$8

Life Under A Log

55904 Th 7/14 10-11 AM \$7/\$8

Feathers and Fur

55905 Th 7/21 10-11 AM \$7/\$8

Snakes and Turtles

55906 Th 8/4 10-11 AM \$7/\$8

Super Seeds

55907 Th 8/11 10-11 AM \$7/\$8

Butterflies and Bugs

55908 Th 8/18 10-11 AM \$7/\$8

Saturday Story and Hike (Adult/Child)

Stop by the Nature Center for storytime and a hike. Our Naturalist will read a story and lead a hike based on the story. Dress for the weather. Adult participation required.

Age: 2-5
 54865 Sa 6/18 10-11 AM \$4/\$6
 55911 Sa 7/16 10-11 AM \$4/\$6
 55912 Sa 8/20 10-11 AM \$4/\$6

Like us on Facebook

City of Rockville Farmers Market
 Croydon Creek Nature Center
 Fitzgerald Theatre Rockville
 Rockville Seniors
 City of Rockville Sports Leagues



Vamos al Bosque!



10-11 a.m. 11 de Junio de 2016

Todas las familias de habla hispana están invitadas a explorar el bosque! Vamos a caminar por una hora observando la naturaleza y descubriendo que ha traído la primavera. El bosque tiene muchas oportunidades para que nuestros niños desarrollen importantes destrezas. Programa en Español para familias con niños pequeños (3-5 años). Gratis. No es necesario registrarse.

A nature walk for families with young children (ages 3-5) delivered in Spanish by naturalists from the Audubon Naturalist Society in collaboration with Croydon Creek Nature Center.

Nature Center Camps 2016

Week-long camps start June 20 and run until August 24
Full and half day options are available

Spend your summer at the Nature Center!

**Hike in the forest, hunt bugs in the meadow
and wade in the creek!**



5-7 year olds

Art of Nature
Guppy Nature Camp



5-8 year olds

New! Nature Play Camp

**View the Camp Guide online at
www.rockvillemd.gov/camps**

7-10 year olds

New! EcoInvestigators

9-12 year olds

New! Nature Play Camp

10-14 year olds

**New! Farm to Table
Nature Service Learning**



Green Your Backyard

**Saturday, June 5
1:30-3 p.m.**

Croydon Creek Nature Center
852 Avery Rd, Rockville

Learn why rain barrels are a tool to protect our streams.

Participants will receive information on how to buy, install and maintain rain barrels.

Free rain barrel raffled off to one lucky Rockville resident!

Open on a first-come, first-served basis and registration is required.

To register, call the RainScapes Coordinator at 240-314-8877 or email rainscapes@rockvillemd.gov with your name and address.

Help Rockville Youth . . . Become a



- Work with elementary school students.
- One-on-one mentoring, one hour after school once/week, Oct. – May.
- Training and support provided.
- Meet in a supervised group setting with other mentor matches.

No special skills needed . . .

just a willingness to listen, offer guidance, friendship and encouragement.

Service learning credits available for high school students over age 16.

Learn more about the Rockville Mentoring Program by calling Kate Bouwkamp at 240-314-8317 or email: kbouwkamp@rockvillemd.gov



Saturday, May 21 • 9 a.m. - 5 p.m.

The National Parks Trust and the City of Rockville Department of Recreation and Parks invite everyone to visit Croydon Creek Nature Center to celebrate

KIDS TO PARKS DAY

Spend time outdoors. Enjoy the Hayes Forest Preserve.

240-314-8770

Bringing the Fun to Your Neighborhood

2016 Summer Playgrounds



**ONE-TIME
REGISTRATION FEE
\$199 R/\$275 NR**

Arts • Crafts • Sports • Games • Nature • Fitness

June 27 - August 4

Open to children ages 6-12 • Weekdays, 9:30 a.m.-3:30 p.m.

Playground Locations

COURSE #		COURSE #		COURSE #	
54035	College Gardens E.S.	54038	Isreal Park/LPCC [†]	54042	Potomac Woods Park
54036	Elwood Smith*	54040	Lakewood E.S.	54044	Twinbrook E.S.*
54037	Fallsgrove Park/TFCC	54041	Montrose Park	54043	Woodley Gardens Park

*Before & after care available. [†]See Clubhouse Extra on pg. 8

Playground Extras:

Swimming • Tennis • Mini-Golf • Adventure Park • Extended Play

Additional fees apply, see course numbers online.

Register via Rock Enroll at rockenroll.rockvillemd.gov
or at City Hall or City recreation facilities.



Any individuals with disabilities who may require assistance to attend this program, or who have questions about accessibility, may contact the ADA Coordinator at 240-314-8100 (TDD 240-314-8137). Para leer esta información en otros idiomas, consulte el cuadro "Select Language" en la esquina inferior derecha de la página en www.rockvillemd.gov/summerplaygrounds. 阅读其他语言的信息, 请参阅“选择语言”框在页面的右下角处 www.rockvillemd.gov/summerplaygrounds. 다른 언어로이 정보를 읽어 www.rockvillemd.gov/summerplaygrounds 에서 페이지의 오른쪽 하단에있는“언어 선택”상자를 참조하십시오.

240-314-8620 • www.rockvillemd.gov/summerplaygrounds



WE WANT YOU!

Are you great with children?
Are you enthusiastic and energetic?
Are you creative?

**Apply Now for Summer 2016
Camps and Playgrounds**

Most programs run for 7 weeks,
approximately 35 hours per week

- Plan and teach sports and games
- Outdoor activities
- Arts and crafts
- Special events
- Swimming
- Theme weeks and more!

For job openings and application information,
visit www.rockvillemd.gov/careers

Applications may also be completed at
Rockville City Hall, Human Resources, 111
Maryland Ave., Rockville, MD 20850. EOE

Arts, Dance and Enrichment

New! Ballet Intensive

A course designed to give advanced ballet students an opportunity to concentrate on fundamental technique and increase strength and stamina. Course will feature a 90 minute technique class followed by a variation of pointe/ pre pointe work, strength and conditioning, and artistry. Bring a snack. Prerequisite Ballet Level Intermediate III & IV or permission from the instructor.

Age: 12+

55935 M-F 8/1-8/5 5:30-8:30 PM \$119/\$129
Rockcrest Ballet Center/Simpson

Ballet Teen & Adult

Advanced students with five or more years of experience are welcome to learn advanced techniques. If a participant registers for two or more ballet classes, a \$5 discount may be applied to one class. Registration must be handled by mail, fax or walk-in to receive a discount. See Adult and Children Ballet for more classes. **All classes held at Rockcrest Ballet Center.**

Age: 12+

55162	Tu	6/7-7/19	5:15-6:30 PM	\$75/\$85
55163	Th	6/9-7/21	5:15-6:30 PM	\$82/\$89
56099	Tu	8/23-9/6	5:15-6:30 PM	\$29/\$33
56134	Th	8/25-9/8	5:15-6:30 PM	\$29/\$33

Simpson, Chongpinitchai

Age: 13+

55160	M	6/6-7/18	5:45-7:15 PM	\$75/\$85
55161	W	6/8-7/20	5:45-7:15 PM	\$82/\$89
56132	M	8/22-8/29	5:45-7:15 PM	\$20/\$23
56098	W	8/24-9/7	5:45-7:15 PM	\$29/\$33

Simpson, Langdon

New! Jazz Rock Guitar Workshop

Intensive weekly workshop covers, 7th chords, scales/ modes, improvisation, ear training, rhythms, and much more. This class is for intermediate to advanced players. Textbook and materials included for free. Bring your own guitar.

Age: 12+

56108 W 6/29-8/3 1-2:30 PM \$200/\$215
The School of Music/The School of Music Staff

Before and After School Enrichment

Teen After School Volunteers

Looking for a fun place to earn SSL hours? Join the volunteer staff at Twinbrook Community Recreation Center's After School Adventure Program. Volunteers will work with Rockville staff to plan, prepare and lead activities for elementary-aged children. Volunteer shirts and/or badges are provided. Wear comfortable play clothes and sneakers.

Grade: 7-12

56009	M & W	9/7-10/5	4-6 PM	\$25/\$29
56010	Tu & Th	9/6-10/6	4-6 PM	\$25/\$29
56011	M & W	10/10-11/16	4-6 PM	\$25/\$29
56012	Tu & Th	10/11-11/17	4-6 PM	\$25/\$29

Twinbrook Community Rec. Center Annex

Totally Teens

An afterschool program just for teens! Homework help, community service projects, sports, arts, dance, video games, ping pong, special interest clubs and more. Registration is required. Transportation is provided from Julius West MS. The program is held on early release days. It is not held on holidays or when MCPS is closed.

Grade: 6-10

56018	M-F	8/29-12/23	3-5 PM	\$435/\$495
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Thomas Farm CC



Twinbrook Teen Scene

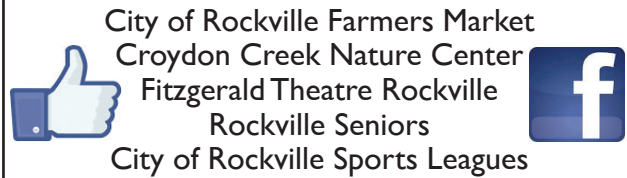
Teen Scene program provides a safe, healthy environment that promotes positive youth development. Participants will have daily opportunities to engage in study time and a wide range of recreational activities of their choosing with guidance and supervision by the staff members. Transportation is available from Julius West and Wood M.S., Twinbrook and Meadow Hall E.S. Program does meet on MCPS early release days.

Grade: 5-8

56002	M-F	8/29-10/7	3-6:30 PM	\$145/\$165
56003	M-F	10/10-11/18	3-6:30 PM	\$145/\$165

Twinbrook CRC

Like us on Facebook



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

Teen Fit

This fast-paced class includes basic strength training, cardiovascular conditioning and stretching exercises. Increase your overall fitness or support your sport-specific training. Taught by a certified personal trainer.

Age: 13-18

55621	M	6/20-8/8	7-8 PM	\$70/\$81
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Rockville Swim and Fitness Center/Gordon

Yoga for Teens

All 12-16-year old aspiring yogis are invited to experience yoga poses, breathing and relaxation techniques as well as meditation. This fun class for teens will help reduce stress and increase body awareness. Bring a yoga mat and wear comfortable clothing.

Age: 12-16

55622	Su	6/19-8/7	10:15-11:15 AM	\$89/\$105
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Rockville Swim and Fitness Center/Stonesifer



Teens on the GO

exciting NEW excursions in 2016!

Teens on the GO is a summer program for youth in grades 6-12, held **Monday - Friday from 10 a.m. - 5 p.m.** (hours may be extended depending on the trip destination) between **June 27-Aug. 12**. Teens will be picked up and dropped off daily at **Thomas Farm Community Center, 700 Falls Grove Drive, Rockville**.

This summer participants will be on the go. **Monday will be Swim Day and Tuesday through Friday will be out and about on fun, safe and adventurous trips.** One week prior to each trip, an itinerary with specific information will be e-mailed to each participant. If you don't receive one, call 240-314-8638.

Cost: \$275/\$295 per week. Cost includes entrance fees, MCPS or charter bus transportation and supervision. Trips/schedules are subject to change. Must register as a member #55023. This course is free.

June 27- July 1 - Deadline to register 6/17

55030	Swimming 12-5 p.m.	Pottery & Laser Tag 10 a.m.-5 p.m.	Mystics Game 10 a.m.-3 p.m.	Billy Goat Trail 11 a.m.-5 p.m.	Six Flags 9 a.m.-7 p.m.
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July 4-8 - Deadline to register 6/24

55035	No Camp 4th of July	Swimming 12-5 p.m.	Ropes Course 10 a.m.- 5 p.m.	Sky Zone/Movie 10 a.m.- 5 p.m.	Kings Dominion 9 a.m.-8 p.m.
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July 11-15 - Deadline to register 7/1

55041	Swimming 12-5 p.m.	Bazooka Ball 10 a.m.- 5 p.m.	Splashdown 11 a.m.- 5 p.m.	Medieval Times 10 a.m.- 5 p.m.	Rafting 8 a.m.-4 p.m.
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July 18-22 - Deadline to register 7/8

55047	Swimming 12-5 p.m.	Field Day /Zava Zone 10 a.m.-5 p.m.	Mini Golf/Bowling 10 a.m.- 5 p.m.	Nationals Game 10 a.m.- 5 p.m.	Hershey Park 8 a.m.-8 p.m.
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July 25-29 - Deadline to register 7/15

55053	Swimming 12-5 p.m.	Dave & Buster's/Movie 10 a.m.- 5 p.m.	Pottery & Laser Tag 10 a.m.- 5 p.m.	Ravens Tour/Swim 10 a.m.- 5 p.m.	Six Flags 9 a.m.-7 p.m.
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August 1-5 - Deadline to register 7/22

55059	Swimming 12-5 p.m.	Sky Zone/Movie 10 a.m.- 5 p.m.	Billy Goat Trail 11am-5pm	Splash Down 11 a.m.- 5 p.m.	Kings Dominion 9 a.m.-8 p.m.
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August 8-12 - Deadline to register 7/29

55065	Swimming 12-5 p.m.	Bazooka Ball 10am-5pm	Rope Course 10 a.m.- 5 p.m.	Mini Golf/Bowling 10 a.m.- 5 p.m.	Rehoboth Beach 8 a.m.-8 p.m.
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FREE Skate Park

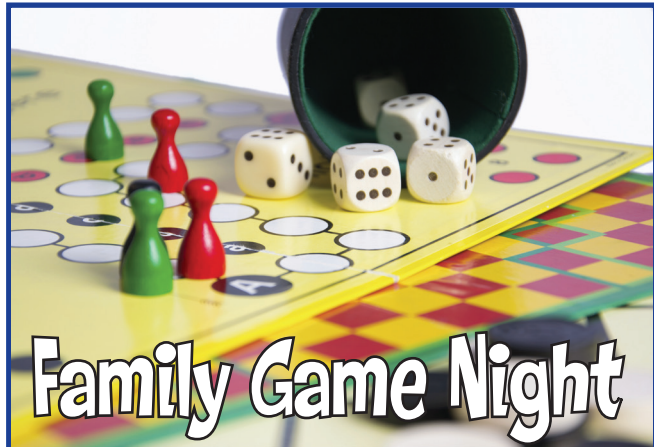
355 Martins Lane
(behind Swim and Fitness Center)

featuring:

Micro Ramp with
Escalator and Pyramid



Hours: 9 a.m. - 10 p.m. • 7 Days a Week
Park has Lights • 240-314-8620
www.rockvillemd.gov/skatepark



Family Game Night

July 8, 6-8 p.m.

Twinbrook Community Recreation Center

Challenge your family and friends to
a friendly competition of board
or card games.

Light refreshments provided
All ages welcome

Free

240-314-8830



DISCOUNTED THEME PARK TICKETS

On sale now!

For parks, prices and
information, call 240-314-5024.



Rockville Farmers Market

Saturdays
May 14 - Nov. 19
9 a.m. - 1 p.m.
corner of Route 28 and Monroe Street
WIC, EBT/SNAP accepted
www.rockvillemd.gov/farmers
240-314-8620



Party Time!

Theme Parties

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Gymnasiums

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Outdoor Rentals

Lincoln Park Community Center (Isreal Park)

April 15-Oct. 15
www.rockvillemd.gov/lpcc
240-314-8780

Thomas Farm Community Center

April 15-Oct. 15
www.rockvillemd.gov/thomasfarm
240-314-8840

Rockville Park Picnic Areas

www.rockvillemd.gov/parks-facilities
240-314-8660

Multi-Purpose Rooms

Croydon Creek Nature Center

www.rockvillemd.gov/croydoncreek
240-314-8770

Elwood Smith Recreation Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Glenview Mansion and Fitzgerald Theatre Social Hall

www.rockvillemd.gov/glenview
www.rockvillemd.gov/theatre
240-314-8660

Lincoln Park Community Center

www.rockvillemd.gov/lpcc
240-314-8780

Pump House Community Center

www.rockvillemd.gov/parks-facilities
240-314-8660

Rockville Senior Center

www.rockvillemd.gov/seniorcenter
240-314-8800

Rockville Swim and Fitness Center

www.rockvillemd.gov/swimcenter
240-314-8750

Thomas Farm Community Center

www.rockvillemd.gov/thomasfarm
240-314-8840

Twinbrook Community Recreation Center

www.rockvillemd.gov/twinbrook
240-314-8830

Arts, Dance and Enrichment

Ballet

Geared for those with a range of interests and abilities, classes are planned for fun and exercise. Advanced classes are for serious dancers with previous training. Those with demonstrated proficiency are encouraged to perform with the Rockville Civic Ballet. Participants registering for two or more ballet classes may apply a \$5 discount to one class. To receive a discount, register by mail, fax or walk-in. See Teen Ballet for more classes. **All classes held at Rockcrest Ballet Center.**

Advanced Ballet - Age: 13+

55150 Tu 6/14-7/19 6:30-7:45 PM \$75/\$85
Chongpinitchai

Advanced Ballet - Age: 13+

55148 Th 6/16-7/21 6:30-7:45 PM \$75/\$85
Chongpinitchai

Beginner-Intermediate - Age: 13+

55149 Th 6/9-7/21 7:45-9 PM \$82/\$89
Simpson

Beginner-Intermediate - Age: 13+

55152 W 6/22-7/27 11:15 AM-12:15 PM \$72/\$79
Langdon

Beginner-Intermediate - Age: 13+

55151 Sa 6/18-8/6 9-10 AM \$72/\$82
Chongpinitchai

Advanced Ballet - Age: 13+

56097 Tu 8/23-9/6 6:30-7:45 PM \$29/\$33
56093 Th 8/25-9/8 6:30-7:45 PM \$29/\$33
Chongpinitchai

Beginner-Intermediate - Age: 13+

56096 Th 8/25-9/8 7:45-9 PM \$29/\$33
Chongpinitchai

Broadway Moves

Dance like a Broadway Star! This fun and energetic exercise class focuses on being the 'One Singular Sensation' that is YOU. Burn calories, stretch, tone, improve posture and, most of all, enjoy the melodies of Broadway. Class is for all levels.

Age: 16+

55164 Th 6/23-8/18 7:30-8:30 PM \$109/\$119
Thomas Farm CC/Devine

Guitar

Sight reading, chords, scales, songs, technique and theory will be taught in this basic class. Bring a fully-strung guitar, pen and paper.

Age: 13+

55168 M 6/20-7/25 7-8 PM \$89/\$99
The School of Music/The School of Music Staff

Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

20/20/20 Fitness

Enjoy 20 minutes of cardio, 20 minutes of strength training and 20 minutes of core strengthening and total body stretching. Get a well-rounded workout, increase your flexibility and get into shape. Bring mat and weights.

Age: 16+

55215 M 6/20-8/22 6:15-7:15 PM \$60/\$70
Thomas Farm CC/Ohlandt

Age: 16+

55216 Sa 6/18-8/20 8:20-9:20 AM \$68/\$78
Rockville Sr. Ctr./Fleishman

Ab Sculpt

Strengthen your power house, lower abdominal muscles, lower back, buttocks and pelvic floor in just 30 minutes. Improve posture, help prevent lower back injuries and flatten your stomach in an intense core workout designed for every fitness level. A mat is recommended.

Age: 16+

55895	M	6/13	8:05-8:35 PM	Free Demo
55896	M	6/13	12:45-1:15 PM	Free Demo
55897	W	6/15	12:45-1:15 PM	Free Demo
55898	W	6/15	8:05-8:35 PM	Free Demo
55580	M	6/20-8/8	8:05-8:35 PM	\$35/\$42
55581	M	6/20-8/8	12:45-1:15 PM	\$35/\$42
55582	W	6/22-8/10	12:45-1:15 PM	\$40/\$48
55583	W	6/22-8/10	8:05-8:35 PM	\$40/\$48
55584	F	6/24-8/12	12:45-1:15 PM	\$40/\$48

Rockville Swim and Fitness Center/Ocampo, Gordon, Groman

Like us on Facebook

City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



Bodyweight Cardio-Strength

Challenge yourself with this demanding workout. The class will start with a quick warm-up followed by high-intensity intervals of cardio and strength training, finishing with a full body stretch. The focus will be on maintaining great form throughout all of the movements.

Age: 16+

55941	Tu	6/14	12-12:45 PM	Free Demo
55585	Tu	6/21-8/9	12-12:45 PM	\$64/\$75

Rockville Swim and Fitness Center/Ocampo

Bootcamp - Beginner/Intermediate

Reduce body fat, increase cardiovascular stamina and tone muscles in a team environment. Class is designed to introduce the new bootcamper to skills and drills of our advanced class. Workouts can be modified to increase or decrease intensity.

Age: 16+

55942	M	6/13	5:45-6:45 PM	Free Demo
55943	W	6/15	5:45-6:45 PM	Free Demo
55586	M	6/20-8/8	5:45-6:45 PM	\$56/\$65
55587	W	6/22-8/10	5:45-6:45 PM	\$64/\$75

Rockville Swim and Fitness Center/Resendiz

Bootcamp - Intermediate/Advanced

This class incorporates drills designed to enhance agility, speed, power, strength and quickness. Workout in a team environment while challenging yourself to reach personal fitness goals.

Age: 16+

56017	M	6/13	7-8 PM	Free Demo
55588	M	6/20-8/8	7-8 PM	\$56/\$65
55589	Th	6/23-8/11	6-7 PM	\$64/\$75

Rockville Swim and Fitness Center/Gordon, Resendiz

Cardio Dancing

This class offers easy-to-follow aerobic dance moves. You'll burn more than 350 calories as you get fit to Top 40's music. All fitness levels welcome.

Age: 16+

56020	M	6/13	12-12:45 PM	Free Demo
55594	M	6/20-8/8	12-12:45 PM	\$56/\$65

Rockville Swim and Fitness Center/Jackson

Cardio Kickbox

Tired of your normal routine or just interested in trying something new? Get into shape in a class that combines boxing, martial arts and aerobics. This total body workout will help increase stamina, flexibility, balance and strength. Wear comfortable clothes and shoes.

Age: 16+

56021	Th	6/16	7-8 PM	Free Demo
55595	Th	6/23-8/11	7-8 PM	\$64/\$75

Rockville Swim and Fitness Center/Resendiz

New! Cardio Quick Fit

The perfect workout for anyone who has trouble finding a full hour to exercise.. Participants will receive high intensity interval training through upper and lower body cardio interval sets using body weight. No equipment needed.

Age: 16+

55492	M	6/20	5:30-6 PM	Free Demo
55491	M	6/27-8/15	5:30-6 PM	\$26/\$31

Thomas Farm CC/Ohlandt

New! Circuit Interval Training

Improve your strength, muscular endurance and cardiovascular fitness through various intervals of weights, core work and high intensity aerobics. Varying exercise routines will keep your interest high as you burn more calories. This training can be adapted to all levels of fitness.

Age: 16+

55489	W	6/22-8/24	6:20-7:15 PM	\$82/\$92
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Thomas Farm CC/Fleishman

Circuit Step

Enjoy a great interval workout designed to get you fit. Class combines low impact moves using a step platform (provided) and strength training for all muscle groups. All fitness levels welcome. Bring weights and a mat.

Age: 15+

55220	Tu	6/21-8/16	5:30-6:15 PM	\$68/\$78
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Thomas Farm CC/Webb

56123	Sa	6/18-7/30	8:45-9:15 AM	\$25/\$29
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Thomas Farm CC/Ramsey

Circuit Training

Jump start your metabolism with this circuit workout. You will improve both strength and endurance. There are six different stations featuring exercises to challenge your whole body, each targeting a different area. This is an effective and time-efficient way to develop all around fitness. Weights will be used.

Age: 16+

56028	Tu	6/14	11-11:45 AM	Free Demo
56029	Th	6/16	11-11:45 AM	Free Demo
55596	Tu	6/21-8/9	11-11:45 AM	\$64/\$75
55597	Th	6/23-8/11	11-11:45 AM	\$64/\$75

Rockville Swim and Fitness Center/Ocampo

Core and Sculpt

Pump up your metabolism and target all your muscle groups. Focus on strength training while incorporating segments of cardio and a variety of exercises for the whole body. All fitness levels are welcome as modifications are provided to increase or decrease intensity levels. Bring a mat and weights to class.

Age: 16+

55225	Th	6/16-8/18	6:15-7:15 PM	\$75/\$85
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Thomas Farm CC/Flaisher

Fitness Kickboxing

If you're looking for a fast-paced, calorie-burning, adrenaline-pumping, action-packed workout, then this class is for you. This ultimate conditioning workout is set to high energy music with kicks, punches and strikes. All classes are taught by certified Black Belts. Fee includes equipment and uniform for first time students.

Age: 13+

55235	M & W	6/20-7/20	6:10-6:55 PM	\$99/\$119
55236	Tu & Th	6/21-7/21	7:20-8:05 PM	\$99/\$119

Kicks Karate/Staff



Functional Interval Training

With a focus on functional movement, strength drills are alternated with cardio intervals for a total body blast that will take your fitness program to a new level. Supercharge your workout, boost your metabolism, burn off that extra fat and reach your fitness goals.

Age: 16+

56030	Th	6/16	12-12:45 PM	Free Demo
55598	Th	6/23-8/11	12-12:45 PM	\$64/\$75

Rockville Swim and Fitness Center/Ocampo

In Motion (Seniors)

Stay active and healthy! Exercise can energize your mood, relieve stress, help you manage symptoms of illness and pain, and improve your overall sense of well-being. This fitness class is designed to help seniors and older adults maintain their strength, balance, coordination and flexibility while enjoying the benefits of working out in a group.

Age: 16+

56045	Tu	6/14	12:45-1:15 PM	Free Demo
55599	Tu	6/21-8/9	12:45-1:15 PM	\$40/\$48

Rockville Swim and Fitness Center/Ocampo

Interval Training and Stretch

Power through interval training circuits consisting of three minutes of strength, two minutes of cardio and one minute of core work to sculpt your body, burn fat and blast calories! Class ends with a power yoga routine leaving your body feeling stretched and relaxed! Bring a mat and weights.

Age: 16+

55239	Th	6/23-8/18	5:30-6:15 PM	\$71/\$81
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Rockville Sr. Ctr./Fleishman

Light and Easy Conditioning

This class targets many elements of fitness in just 30 minutes. Hand weights are used for upper body toning. An aerobic segment provides cardio and fat burning. Abdominal work targets core strengthening and stretching segment concentrates on muscle relief and recovery. Newcomers are welcome.

Age: 16+

56046	Th	6/16	12:45-1:15 PM	Free Demo
55600	Th	6/23-8/11	12:45-1:15 PM	\$40/\$48

Rockville Swim and Fitness Center/Ocampo

Lo (by Jazzercise)

Get all the pulse-pounding, body-pumping intensity without the hop. Use your muscles, not your momentum, to get a killer core workout. Rock it out with dance-based cardio and strength training for total body transformation.

Age: 16+

55260	M	6/13-8/1	6:45-7:45 PM	\$54/\$64
55261	W	6/15-8/3	6:45-7:45 PM	\$62/\$72

College Gardens ES/Proctor

Outdoor Bootcamp

This one-hour, high-intensity class is designed to help you stretch your fitness limits. Mixing interval and strength training with drills designed to enhance agility, speed, power, and quickness, Outdoor Bootcamp will push you further than you could normally go alone. This class will meet at the indoor Fitness Center and then move to various outdoor locations on site for multi-dimensional athletic training.

Age: 16+

56006	M	6/13	6:30-7:30 AM	Free Demo
56005	M	6/20-8/8	6:30-7:30 AM	\$56/\$65
56008	W	6/22-8/10	6:30-7:30 AM	\$64/\$75
56013	F	6/24-8/12	6:30-7:30 AM	\$64/\$75

Rockville Swim and Fitness Center/Resendiz, Ocampo

Pilates

Enjoy a non-impact, mind-body workout that trains core muscles to stabilize the body. Stretching and strengthening exercises target abdominal and pelvic muscles. Improve posture, abdominal strength, balance and flexibility. No previous experience necessary. Bring a mat and wear comfortable clothing.

Age: 16+

55187	Tu	6/28-8/23	7:30-8:25 PM	\$99/\$109
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Rockville Swim and Fitness Center/Poole

Pilates - Yoga Fusion

Fusion is a wonderful combination of the core strengthening and muscle-toning of Pilates and the meditative and flexibility benefits of yoga in a flowing workout. Bring a mat and wear comfortable clothing.

Age: 16+

55188	Tu	6/28-8/23	6:30-7:25 PM	\$99/\$109
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Rockville Swim and Fitness Center/Poole

Pilates - Teens and Adults

Enjoy a series of mat-based exercises derived from the classic methodology of Joseph Pilates. The class focuses on increasing flexibility and balance and incorporates stability, strength and awareness of the core.

Age: 13+

55601	Th	6/23-8/11	9:15-10:15 AM	\$88/\$104
55602	Su	6/19-8/7	9:15-10:15 AM	\$77/\$91

Rockville Swim and Fitness Center/Stonesifer

New! POP Pilates

POP Pilates® is an incredible fusion of ab-chiseling and total body defining moves choreographed to your favorite Top 40 hits. This intense, mat-based workout challenges students to rhythmically flow from one exercise to the next, developing a rock solid core while leaving no muscle untouched. This format takes classical Pilates to the next level like you've never seen before.

Age: 16+

55212	W	6/22	6:30-7 PM	Free Demo
55213	W	7/6-7/27	6:30-7 PM	\$20/\$24

Twinbrook CRC/Cunningham

Power Sculpt

This workout, for all fitness levels, includes routines designed to improve strength and definition of muscle groups. Bring a mat and 3-5 lb. weights.

Age: 15+

55262	M	6/20-8/22	9:30-10:30 AM	\$68/\$78
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Thomas Farm CC/Devine

55263	Th	6/23-8/18	6:30-7:15 PM	\$75/\$86
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Rockville Sr. Ctr./Webb

55264	W	6/22-8/17	9:30-10:30 AM	\$68/\$78
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55265	Tu	6/21-8/23	6:20-7:15 PM	\$75/\$86
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Thomas Farm CC/Devine

Sunday Stretch

Stretching your body is one of the most important things to do to reduce stress, promote circulation and help facilitate proper alignment of the body. Stay healthy and injury free by joining this class.

All Ages

55604	Su	6/19-8/7	11:20-11:50 AM	\$35/\$42
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Rockville Swim and Fitness Center/Stonesifer

Taekwondo for Adults

Learn one of the world's most popular martial arts in a fun, low-pressure environment! This class will cover basic kicks, blocks, strikes and self-defense techniques and is appropriate for all fitness levels. Taught by a World Taekwondo Federation certified 4th degree Black Belt.

Age: 15+
55605 Su 6/19-8/7 3:30-4:30 PM \$60/\$70
Rockville Swim and Fitness Center/Fumagalli

T'ai Chi Ch'uan

Promote physical and mental rejuvenation through this ancient Chinese art. With separate instruction for beginning and continuing students, tone sinews and gently massage the spinal cord and internal organs. Unify your mind and body through slow, rhythmic, flowing movements.

Age: 18+
55275 Tu 6/21-8/2 7-8 PM \$46/\$56
Rockville Sr. Ctr./Lamb

Total Body Conditioning

Cardio strength training and core work all in one class. Build stamina and endurance as you improve your fitness level each week. As you get stronger the workout will change to challenge you and keep your interest. Bring a mat and weights to class.

Age 16+
56125 W 6/22-7/27 6:20-7:15 PM \$49/\$59
Thomas Farm CC/Ramsey



Total Body Fit Bootcamp

Enjoy a great class as you build strength, burn fat and tone muscles. You'll love the results as you get into shape during this total body workout. Bring a mat and weights to class.

Age: 16+
55305 M 6/20-8/1 7-8 PM \$45/\$52
Twinbrook CRC/Beale

Yoga - Basic Flow for Beg./Cont.

Practice yoga poses and breathing exercises in flowing sequences. Flow yoga is a heat building style of yoga that increases strength, flexibility and fitness. Recommended for all levels. Bring a mat or rent one.

Age: 16+
55201 Tu 6/21-8/9 4:30-5:45 PM \$89/\$99
Thrive Yoga/Alter

Yoga - Beginner and Continuing

Be introduced to traditional yoga techniques like meditation, breathing exercises and deep relaxation. Bring a yoga mat, and a smile.

Age: 16+
55202 Th 6/23-7/28 6:30-7:30 PM \$65/\$75
Twinbrook CRC

Yoga - Core

Strengthen your core and develop healthy back muscles with this fun, fast and energetic Hatha yoga workout. Using a core yoga ball, target your abdominals from every angle, reduce back pain, stabilize the spine, create a stronger midsection and improve overall body alignment.

Age: 16+
56050 Tu 6/14 9:15-10:15 AM Free demo
55606 Tu 6/21-8/9 9:15-10:15 AM \$102/\$120
55607 F 6/24-8/12 9:15-10:15 AM \$102/\$120
Rockville Swim and Fitness Center/Mustafa

Yoga - Gentle

This gentle yoga workout provides modifications to traditional yoga postures without losing any of the physical benefits. Conducted at a comfortable pace, gentle yoga demonstrates the use of props, which enables everyone to enjoy the practice while promoting increased activity for better health. Bring a yoga mat, block and strap.

Age: 18+
56052 W 6/15 9:15-10 AM Free Demo
55608 W 6/22-8/10 9:15-10 AM \$98/\$113
55609 Sa 6/18-8/6 9:15-10 AM \$86/\$99
Rockville Swim and Fitness Center/Stokes, Groman

Yoga - Gentle Hatha Beg./Cont.

Practice gentle stretching and strengthening exercises as well as relaxation and breathing techniques. Those with injuries should consult a physician prior to registration. Bring a yoga mat.

Age: 16+

55203 Th 6/23-8/25 7:30-8:45 PM \$121/\$131
Rockville Sr. Ctr./Dodson

Yoga - Hatha Intermediate

Enjoy a balanced practice with longer posture holding times and a variety of sequences to increase stamina, flexibility and well-being. This physically challenging class is designed for individuals with prior yoga experience (exceptions granted), who are free of serious injuries or physical vulnerabilities. Bring a yoga mat, strap and block.

Age: 16+

55204 M 6/20-8/15 7:30-8:45 PM \$110/\$120
Thomas Farm CC/Neves

Yoga - Introduction

Always wanted to try yoga but weren't sure where to start? Learn the basic poses (asanas) and how they can be sequenced for a balanced practice. Precautions and modifications will be covered as well as the benefits of each pose. Bring a yoga mat & blocks.

Age: 16+

55209 W 6/15-8/3 7:30-8:25 PM \$95/\$105
Thomas Farm CC/England

Yoga for Athletes

This class is designed to improve health, performance and mental acuity. It combines push-ups, sit-ups and squats with traditional yoga postures in a flowing format. Focus on reducing stress and pain in the lower back, increasing flexibility in the hamstrings, glutes and quadriceps to build a stronger core.

Age: 16+

56053 M 6/13 9:15-10:15 AM Free Demo
56054 W 6/15 7-8 PM Free Demo
55610 M 6/20-8/8 9:15-10:15 AM \$89/\$105
55611 W 6/22-8/10 7-8 PM \$102/\$120
Rockville Swim and Fitness Center/Groman

Zumba Dance Fitness

This is Latin dance at its finest. It is a high energy workout with fun, upbeat music. The steps are easy to follow and results are long lasting. Class is taught by licensed Zumba instructor.

Age: 16+

55210 Tu 6/21-8/9 7:30-8:30 PM \$79/\$85
55211 F 6/24-8/12 5:30-6:30 PM \$79/\$85
Thomas Farm CC/Ford

Zumba Fit

Zumba Fit is a fun and effective cardio dance workout that includes sculpting exercises designed to tone the entire body. While intended as an introduction to the easy Latin and international inspired program, this high energy, low-impact class has something to offer all fitness levels.

Age: 16+

56056 Th 6/16 7-7:45 PM Free Demo
56057 W 6/15 12-12:45 PM Free Demo
55612 Th 6/23-8/11 7-7:45 PM \$64/\$75
55613 W 6/22-8/10 12-12:45 PM \$64/\$75
Rockville Swim and Fitness Center/Manzano, Medovoy

Zumba Toning

Use small weights to tone and strengthen arms, glutes, abs and thighs. Fast and slow rhythms are used to maximize fat burning and to build muscle. Sculpt your body naturally while having fun dancing to high-energy popular music. Bring 1 or 2 lb. weights.

Age: 16+

56060 F 6/17 12-12:45 PM Free Demo
55614 F 6/24-8/12 12-12:45 PM \$64/\$75
55615 Sa 6/18-8/6 11:15 AM-12 PM \$56/\$65
Rockville Swim and Fitness Center/Bear, Manzano

Follow us on
Twitter and Instagram
@rockvillerec

WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Worried about the weather?
Call the Rec Line at 240-314-5023.
Select #1 for class status.

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Fencing - Beginner

Designed to introduce beginners to the Olympic sport of fencing. This course emphasizes safety and proper technique. Equipment provided. Wear comfortable clothes and bring a fencing glove (or garden/golf glove). Flexible swords are used.

Age: 14+

55226	Tu	7/12-8/30	7-8:20 PM	\$114/\$129
55227	Sa	7/16-9/10	2-3:20 PM	\$114/\$129
55228	Su	7/17-9/11	11:25 AM-12:45 PM	\$114/\$129

Rockville Fencing Academy/Staff

Tennis - Play 10S Fast

Enjoy this unique tennis class designed to teach new players, or those returning to the game, quickly through the use of low compression balls. Meet new people of similar abilities and enjoy a fun, fitness workout. By the end of the class, players will learn to rally, serve and keep score. Bring a water bottle and racquet.

Age: 16+

55278	M	6/20-8/1	6:30-7:20 PM	\$69/\$79
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King Farm Park/Gough

Tennis for Adults/Teens

Learn and enjoy the sport of tennis through instruction, drills and game play situations. Ground strokes, serve, volley, overhead and strategies will be covered based on skill levels. Register for the appropriate level but it may be changed at the discretion of instructor. Bring a tennis racquet.

Beg/Nov Combo (2.0-3.0) NTRP Level) - Age: 16+

55289	W	6/15-7/20	6-6:50 PM	\$69/\$79
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Mattie Stepanek Park/Asaka

Novice (2.0-2.5 NTRP Level) - Age: 16+

55290	Sa	6/18-7/30	4-4:50 PM	\$69/\$79
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Thomas Farm CC/M. Yargici

Novice (2.0-2.5 NTRP Level) - Age: 16+

55291	Tu	6/14-7/19	6-6:50 PM	\$69/\$79
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Dogwood Pk./M. Yargici

Beg/Nov Combo (2.0-3.0) NTRP Level) - Age: 16+

55292	M	6/13-7/25	6-6:50 PM	\$69/\$79
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Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level) - Age: 16+

55293	Tu	6/14-7/19	7-7:50 PM	\$69/\$79
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Dogwood Pk./M. Yargici

Intermediate (3.0-3.5 NTRP Level) - Age: 16+

55294	M	6/13-7/25	7-8:15 PM	\$86/\$98
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Twinbrook CRC/Asaka

Intermediate (3.0-3.5 NTRP Level) - Age: 16+

55295	W	6/15-7/20	7-8:15 PM	\$86/\$98
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Mattie Stepanek Park/Asaka

Beginner (1.0-1.5 NTRP Level) - Age: 16+

55296	Sa	6/18-7/30	3-3:50 PM	\$69/\$79
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Thomas Farm CC/M. Yargici

New! The City of Rockville is going ROGue!

Enjoy fun, social outdoor tennis on 60' tennis courts, utilizing orange low compression balls at Broome Athletic Park. ROGue courts/equipment level the playing field, lengthen points, and make tennis FUN for all levels of Adult athletes (tennis player or not). This program will start with two kick-off tennis socials followed by the Rockville ROGue Social Tennis League beginning September 13. This program is for adults age 18 and over. Come out, try it, and go ROGue with us! USTA Sponsored

Rockville ROGUE Tennis Sampler #1

When: Tue, July 26 at 6:30-8:30 p.m.

Cost: \$10.00

Where: Broome Athletic Park

Rockville ROGUE Tennis Sampler #2

When: Tue, Aug. 30 at 6:30-8:30 p.m.

Cost: \$10.00

Where: Broome Athletic Park

Rockville ROGue Social League

League Dates: September 13, September 20, September 27, October 4

When: 6:30-8:30 p.m.

Where: Broome Athletic Park

League Format: No partner needed! "Mixed Up" Doubles utilizing easy 1-2-3 scoring and 15 minute timed matches.

For further information and to register, please visit the Sports Division website:
www.rockvillemd.gov/recreation/sports, and select "ROGue Tennis"

Register Early!



Suds & Soles 5K



Presented by




Montgomery County Road Runners Club

Saturday, June 25 from 7-9 p.m.

The flat, fast 5K course on neighborhood roads begins and ends in Town Center with a post-race party featuring a commemorative mug, music and the opportunity to sample some great beverages.

5K Registration Fees

- Adult \$35/\$40* Late (June 1-25)
- Youth (10-20) \$20/\$25* Late (June 1-25)
- Child (Under 10) \$15/\$20* Late (June 1-25)

KidZone Registration Fees

(Includes Kids Fun Run, children's activities and light refreshments)

- Under 10 - \$10
- Under 5 - Free, registration requested

Register at www.rockvillemd.gov/sudsandsoles

*Additional late fees may apply after 6 p.m. on race day.

Register a Team in our Adult Fall Sports Leagues



**Co-Rec and Women's Volleyball
Co-Rec and Men's Softball
Men's Basketball & Co-Rec Soccer 7's**

LEAGUE PLAY BEGINS:

Week of Aug. 22 – Men's Softball
Sept. 8 – Women's Volleyball
Sept. 9 – Co-Rec Softball
Sept. 12 – Co-Rec Volleyball
Sept. 19 - Men's Basketball
Sept. 15 - Co-Rec Soccer 7's

Fax or Mail to:
240-314-8659

City of Rockville

Dept. of Recreation and Parks
111 Maryland Ave., Rockville MD 20850
Attn: Sports Division

www.rockvillemd.gov/recreation/sports

Summer Yoga in the Park Series

A gentle way to greet the day. Enjoy this morning yoga class in one of the city's natural and peaceful parks in Rockville. This yoga session is for all levels and ages. Class consists of warm up, easy stretches and flowing poses. Wear comfortable clothing. Bring a yoga mat or beach towel.

**Beginners
Welcome!**

9 a.m. • June 18, July 23

Free

Isreal Park (Behind Lincoln Park Community Center)

Rides and Summer Biking Events

RBAC at Farmers Market

Bike safety checks

Saturdays, through July 30 • 10 a.m.-Noon

www.rockvillemd.gov/farmers

Tuesday Evening Rides

June 7 – Aug. 30 • 6:30 p.m.

Check website for start locations

Carl Henn Millennium Trail Ride

Sun., June 12 • 10 a.m.

Starts at Rockville Senior Ctr,

Kidical Mass Family Ride

Sat., June 18 • 10 a.m.

Starts at Thomas Farm CC

Carl Henn Millennium Trail Ride

Sun., July 10 • 10 a.m.

Starts at Thomas Farm CC

Kidical Mass Family Ride

Sat., July 16 • 10 a.m.

Starts at Rockville Swim Center

Carl Henn Millennium Trail Ride

Sun., Aug. 14 • 10 a.m.

Starts at Wootton HS

Kidical Mass Family Ride

Sat., Aug. 20 • 10 a.m.

Starts at King Farm Village Center

Rockville Bike Advisory Committee

rockvillebikerides@gmail.com

www.facebook.com/bikerockville

www.meetup.com/bikerockville



10th Annual Rockville Ride of Silence

Town Center Plaza

Wednesday, May 18, 7 p.m.

Meet in front of the Rockville library with your bike and helmet for a 10-mile police-escorted ride through Rockville neighborhoods to honor those who have been killed or injured on a bicycle. Participants must be comfortable riding on streets with traffic and ride approximately 10 miles in one hour. Free; no registration needed.

www.rideofsilence.org
for additional information

National Bike to Work Day

Friday, May 20

6:00 - 9:00 a.m.

Various pit stops in and around town
Check www.biketoworkmetrodc.org for additional information

Officials needed!

Youth and Adult Sports Leagues

Weekday Evenings and Weekend Games for the following leagues:

- Youth Soccer
- Adult Soccer
- Adult Softball
- Adult Basketball

Training in August



ROCKVILLE SENIOR CENTER

1150 Carnation Drive, Rockville, MD 20850 • 240-314-8800

www.rockvillemd.gov/seniorcenter

The Rockville Senior Center provides a central location for the many programs, services and activities offered to senior adults, ages 60 and older.

REGISTRATION DATES

(M) - Member registration begins **Tuesday, May 10**. Members receive a discount on senior program fees and rentals, are eligible to join the Fitness Club, are mailed the monthly newsletter of events and are eligible for a discount on classes in the adult section of the Recreation Guide. Registration begins May 12 for all other City programs.

(R) - Resident registration begins **Thursday, May 12** for Rockville residents who are not members of the Senior Center. (Must be age 60 and older and live within the Rockville City limits.) Residents receive a discount on program fees.

(NR) - Nonresident/Nonmember registration begins **Thursday, May 12** for seniors age 60 and older who live outside the Rockville City limits and who are not members of the Senior Center. Nonresidents/Nonmembers pay full price for programs offered at the Senior Center.

TRANSPORTATION

Rockville Call 'N Ride Service – Taxi coupons may be purchased at a reduced rate, based on income and family size. Documentation required. Call 240-314-8810.

Buses – Door-to-door bus service is available to the Senior Center, shopping, club meetings and special trips. Reservations required. Call 240-314-8810.

AGING INFORMATION, SERVICES AND SUPPORT

Seniors and families may obtain information, services and support related to aging issues by calling 240-314-8810. For outreach and assistance in English, call 240-314-8816; Spanish, 240-314-8817.

ROCKVILLE SENIOR CENTER Hours

Monday-Friday, 8:30 a.m.–5 p.m.
Saturday, 8:30 a.m.–1 p.m.



Directions

Call 240-314-5019

Bus Transportation and Lunch Reservations

Call 240-314-8810



Program Fees

Fee = member/resident/non-resident

Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse

Fitness Club Membership Fees

\$90/year (Must be a Senior Center member)



SENIOR ASSISTANCE FUND

Financial assistance for senior classes, day trips and Senior Center membership is available. (Must meet age and income guidelines.) To donate to this program send a check payable to the City of Rockville Senior Assistance Fund. Mail to the Rockville Senior Center, 1150 Carnation Drive, Rockville, MD 20850.

MEAL PROGRAM

Daily Lunch – Hot and cold lunches are provided at noon, Monday through Friday. Participants contribute as much as they are able toward the cost of the meal (\$5.49). Reservations required. Call 240-314-8810.

ROCKVILLE SENIORS, INC. (RSI)

A 501(c)(3) established by Mayor and Council to assist in providing financial support for the Rockville Senior Services. Volunteer opportunities are available to support RSI's fundraising activities. For more information visit the Rockville Senior Center's website, www.rockvillemd.gov/rsi

SENIOR CENTER MEMBER ADULT CLASS BENEFIT

Discounts only apply for classes in the Adult section of the Recreation Guide. One discount below may be used per Senior Center member, per activity. Discounts must be applied for in-person. Note: Senior member program fees listed in the Recreation Guide are at a discounted rate. For senior discounts on swim classes, refer to activity descriptions in the Swim Center section. Call 240-314-8800.

Activity Fee	Discount
\$ 5-\$10	\$ 1
\$11-\$30	\$ 3
\$31-\$60	\$ 7
\$61 and up	\$14

Arts and Enrichment

Birthday and Anniversary Parties

Celebrate with a festive afternoon of lively entertainment and light refreshments. Mark your calendar for these special events in partnership with Rockville Seniors, Inc. Registration is required at least one week prior to each party based on availability.

July Birthday and Anniversary Party

Sponsored by: Right At Home

Entertainment by: Jazzy July With Christiana Drapkin

55886 W 7/6 1:30-3 PM Free/\$6

August Birthday and Anniversary Party

Sponsored by: Lucinda Hall, Dorothy Kozikowski, First Light Home Care

Entertainment by: Silver Swing Band

55887 W 8/3 1:30-3 PM Free/\$6
Carnation Room

Book Club

Participants enjoy an in-depth discussion covering a broad spectrum of books ranging from older classics to current best sellers. Books are selected by the group at each session and a moderator will present topics for discussion.

55575 Th 6/23 & 7/28 10-11 AM Free/\$6
Board Room/Beck

Comfort in Your Own Home

Listen to the following topics presented: Independent living by Bonnie Danker, Certified Senior Advisor, Care Patrol, a Caregiver in the Home by Michael Graziano, Community Liaison, Comfort Keepers of Montgomery County and Assisted Living and Memory Care by Wendy Papuchis, Community Sales Director, Brightview Falls Grove. Q&A following the discussion.

55987 Th 7/14 10 AM-12 PM Free
Azalea Room

New! Crabs and Karaoke

A center first! The summer is the perfect time for crabs!! Our menu will consist of #1 male crabs, corn on the cob, hush puppies, cole slaw, grilled chicken, dessert and beverages. After our feast, there will be time for your favorite karaoke song and maybe even a song or two by the Center staff. Registration is required by 7/13.

55892 Tu 7/26 5-7:30 PM \$45/\$57/\$72
Carnation Room

Exploring Laughter through Theatre

Let's explore this fun new class together. Stephanie Phelan will lead us in celebration of the healing benefits of laughter through script study and theatre games. There will be a good dose of laughter and animated conversation, so come laugh and go home smiling.

55894 Tu 6/14-6/28 2-2:45 PM \$10/\$15/\$20
Carnation Room

Finding the Right Contractor

Struggle finding a honest, helpful contractor? Paul Harrison, owner of Harrison Ventures, LLC and licensed and certified professional will share thoughtful tips and give insight to the views and practices of contractors. He will also provide residential home maintenance tips.

55996 M 7/25 1-3 PM Free
Azalea Room



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City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



First Ladies of the U.S.

This series will take a look at the lives of the women behind the men. Join Joan Adams for an in-depth look at the ladies in this important position. Each has her own story and a role in American life.

Nancy Davis Reagan

One of the most controversial First Ladies. Nancy was the woman behind the man. She worked hard in campaigning against drug use. Her elegance and style led the press to dub her 'Queen Nancy'. Nancy Reagan made her perspectives clear. She opposed ERA, disliked the term Ms. and admitted to being the 'tough guy' when limiting Ronnie's schedule.

54100 M 6/27 10:15-11:15 AM \$6/\$9/\$11

Barbara Pierce Bush

Born into a privileged New York family, Barbara loved reading. She has always possessed a sense of mischief and wit. She met the dashing George Herbert Walker Bush at a 1941 Christmas dance, the rest is history. As First Lady she was known for her pearls and unfiltered opinions. She worked on many important issues and brought unpopular topics to the forefront.

55881 M 7/25 10:15-11:15 AM \$6/\$9/\$11

Hillary Rodham Clinton

A child of the 60's she has advanced the cause of women. She has served as: First Lady of Arkansas, First Lady of the United States, Senator from New York, and Secretary of State. Her work in national and international affairs has kept her in the public eye for decades. Now, this grandmother is seeking another position of importance.

55882 M 8/29 10:15-11:15 AM \$6/\$9/\$11
Card Room

FunDrum Circle

Come celebrate community, reconnect with your inner rhythm and have tons of fun playing together in a supercharged drum circle. Led by Jonathan Murray of FunDrum Rhythm Circles, this program is open to everyone. No experience necessary. Drumming together with a group of people is a really fun, engaging activity that promotes wellbeing and positive social interaction. Together we will be engaged in the creation of rhythmic music that will boost spirits and leave you feeling energized and connected.

55884 W 6/22 1-2 PM \$6/\$9/\$11
Carnation Room

New! Genealogy: The U.S. Census

The U.S. Census was taken every ten years, starting in 1790. Discover what information is available, how to access data and utilize the data in furthering family history research. This program is for anyone wanting to research their roots. It's also the next step in research following Genealogy: What's It All About offered in Fall '15.

55576 W 7/13 1-2:30 PM \$6/\$9/\$11
Azalea Room

Getting from Point A to B

When you no longer drive, it is important to know what transportation options are available to help you reach your destinations. Whether you can travel independently or need assistance, attend this session to hear an overview of the transportation options available to seniors. Join the Mobility Specialist from JCA to learn about public and private transportation programs, volunteer driving organizations, subsidized programs and more. Call n Ride and Metro Access program applications will be available for those who are interested and eligible for these programs. Receive assistance with filling out forms if needed.

55988 W 8/3 10-11 AM Free
Azalea Room

Gourmands Go Traveling

The Gourmands are at it again, this time traveling to La Ferme for one of our special dinners. Spend a lovely summer evening in the company of your friends while enjoying some of the most delicious food in the area. Dinner and beverages are purchased by individuals from a selected menu. Leadership and bus transportation included.

56022 Th 8/4 5-9 PM \$30/\$37/\$43
Glenview Mansion

Healthy Living for your Brain and Body

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help keep our brains healthy and possibly delay the onset of cognitive decline. This workshop covers four areas of lifestyle habits associated with healthy aging: *Cognitive activity, *Physical health and exercise *Diet and Nutrition *Social engagement. Each area will be discussed on what is known and current research. Presented by Lindsey Vajpeyi, Program and Services Manager, National Capital Area, Alzheimer's Assoc.

55936 Th 7/7 1-2 PM Free
Azalea Room

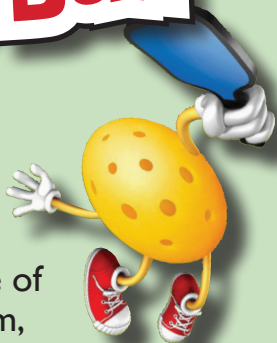
New! History Alive: Dr. Sally Ride

Dr. Sally Ride, America's first female astronaut, will surprise you with her fascinating adventures. What was it like to eat, sleep and work in zero gravity? Everyone loves game shows so get ready to blast off in an exciting competition - 'Who Wants to be an Astronaut?' Join award-winning actress, Mary Ann Jung as she creates this exciting character from history. Carmen's Ice Cream treat follows the presentation.

55133 Tu 7/12 1-2:30 PM \$6/\$9/\$11
Carnation Room

Pickle Ball

Play pickle ball with a group of beginners who are looking to have fun and improve their games. Not sure of the rules? No problem, this group will help you along.



Every Monday, April 25-June 13
from 10 a.m. - Noon
at **Lincoln Park**

Every Wednesday from 10 a.m. - Noon
at **Thomas Farm**

Wednesdays from May 4 to August 31
from 7-9 p.m.
at **Twinbrook**



Music with Murray

Classical music programs presented by Murray Stein. A summer highlight!

Music by Mozart

Mozart's genius was hard for others to exceed. He was outstanding as he wrote in every style and category. Starting at age three, the prodigy conducted, composed and played in a manner that upset his adult contemporaries, including 41 symphonies, 27 piano concertos, 5 violin concertos, numerous operas and countless short pieces.

55570 W 6/15 1-2:30 PM Free/\$6

Patriotic Music for Independence Day

Who doesn't react to the stirring marches of John Phillip Sousa or the renditions of patriotic music by others, such as those rendered by our magnificent Service Bands. We'll hear a season favorite as the strains of the 1812 Overture fill the room. Help us celebrate "July 4" a second time this summer.

55571 W 7/20 1-2:30 PM Free/\$6

The Beauty of Baroque Music

After the Renaissance, a new movement overtook Europe. It was a love of everything artistic and included architecture, sculpture, painting and music. The period was roughly from the late 1700's to 1800. The sound was somewhat different from our more modern symphonic and orchestral sounds, because some of the modern instruments were yet to be invented.

55572 W 8/17 1-2:30 PM Free/\$6
Azalea Room/Stein

Are you a Senior Center member?

If so, you are eligible for a discount on adult classes.
See page 36

Peeking at the Presidents

Joan Adams, our popular college professor, presents an in-depth view of the times and issues faced by our Commanders-in-Chief.

Ronald Wilson Reagan

The oldest man elected President yet, he maintained a youthful appearance. President Reagan was known for his folksy generalities. He is remembered as the 'great communicator,' yet, during his time in office there was: Nicaragua contras, Iranian arms sales, and 'perestroika' and 'glasnost'. President Reagan's legacy will be debated for a long time.

54097 M 6/13 10:15-11:15 AM \$6/\$9/\$11

George Herbert Walker Bush

A long career in domestic and foreign politics didn't help him convince Americans that he deserved two terms in office. President Bush was constrained by budget deficits. The perceptions of an Ivy Leaguer being out of touch with the average American didn't help. History's assessment of his presidency is still evolving. It will be inevitable that there will be comparisons, fairly or not, with his son's administration. Time will tell.

55879 M 7/11 10:15-11:15 AM \$6/\$9/\$11

William Jefferson Clinton

Not enough time has passed to draw sound conclusions about his presidency. His complex administration and its aftermath still consume much of today's partisan politics. Yet, his economic team is credited with great surpluses and domestic success. Whether his second term political and personal struggles damage his place in history remains to be seen.

55880 M 8/8 10:15-11:15 AM \$6/\$9/\$11
Card Room

New! Piano - Continuing Students

A piano mini summer session for our continuing students is being offered for four weeks. This course will focus on keyboard, rhythms and techniques. Students must have taken at least two sessions prior and class is limited to 3 students to allow for individual attention.

55901 Tu 7/12-8/2 11 AM-12 PM \$56/\$70/\$88
Board Room



New! Piano Beginner - Continuing

Continue your beginner piano lessons this summer with a four week mini class. Keep your fingers nimble and music in your life. Class continues to cover keyboard, rhythms and techniques. Participants must have taken the beginner class in the spring. Class is limited to 3 participants to allow for individual instruction.

55900 Tu 7/12-8/2 10-11 AM \$56/\$70/\$88
Board Room

New! Picnic in the Park

Everybody loves a picnic! Join our friends from Benjamin Gaither Activity Center for a day of tropical festivities to end the summer. Held at Bohrer Park enjoy miniature golf, dancing or bring your bathing suit for the water park. Catered by Famous Dave's, the meal includes BBQ chicken, cole slaw, baked beans, dessert and beverages. Bus transportation from Rockville Sr Center leaves at 10:15am by indicating on registration form. Program is held rain or shine. Register by 8/18

56040 W 8/31 10:30 AM-1:30 PM \$20
Gaithersburg Water Park

Positive Aging Project

Please see the monthly newsletter for the upcoming Positive Aging classes and support groups.

Peace of Mind is Priceless

No one wants to think about their death any sooner than they must, but planning your funeral and cemetery services in advance, called 'preplanning' or 'prearranging,' is a responsible, caring act that can reduce stress for your grieving loved ones. It's easy to understand how making decisions now about your final arrangements can help assure those left behind that your wishes are being honored.

55986 W 8/24 1-3 PM Free
Azalea Room

New! Profiles in History

Focusing on notable individuals who played significant roles in history and culture. This session Professor Joan Adams will discuss Marilyn Monroe and Dean Martin, whose lives helped shape America's fascination with Hollywood.

54783 M 6/6 10:15-11:15 AM \$6/\$9/\$11
Card Room

New! Rockville's Schools Over Time

This presentation will cover schooling in Rockville over the past two centuries. Hear about the earliest days of private education for the wealthy families to the free public education of today. Also included in the discussion will be a look at school segregation and the county's only black high school in Rockville.

55132 Tu 7/19 10:30-11:30 AM \$6/\$9/\$11
Azalea Room

What's Happening in Rockville?



Have a list of Rockville's weekly events delivered to your email, every Thursday.

- Recreation and Parks programs
- Special events
- Important meetings and more ...

Sign up today and look to the week ahead.

www.rockvillemd.gov/thisweek

Science Tuesdays

Join us each month for an engaging presentation and conversation with a scientist. A different topic will be the focus each meeting. No scientific background is required, just your curiosity. Co-sponsored by Rockville Science Center. Held in the Azalea Room.

The Birds

Carol Hannaford has been part of the Cornell Laboratory of Ornithology Project Feeder Watch for 25 years and will share her experiences with us about her feathered visitors including the return of the hawks to Twinbrook.

55932 Tu 7/12 1-2PM Free

Weather Phenomenon

Floods, violent winds and lightning are all life-threatening phenomena. If we understand them, we can also respect them. This science demo lecture will make it easy to understand these forces of nature. See a tabletop tornado, miniature lightning and a cloud in a pickle jar. Presented by Murray Stein, retired scientist/engineer.

55933 Tu 8/9 1-2 PM Free

Encyclopedia of Life (EOL)

Bob Corrigan Director of Operations and Secretariat for EOL

EOL at the Smithsonian Institution is collecting, curating and organizing digital information on all species known to science. Bob will update us on why he was at Harvard when we last scheduled him.

55934 Tu 9/13 1-2 PM Free

Senior Safety

After a long, cold winter - are you looking forward to an enjoyable summer? Stay Safe! We will provide tips to keep you safe in & out of your home. We will cover everything from Safe Gardening to Smoke Alarms to Carbon Monoxide! This presentation will be entertaining, informative, and empowering!

55086 W 6/1 1-2 PM Free
Azalea Room

Spanish for Beginners

If you have never studied Spanish before or if you are just brushing up, this series of fun and flexible classes is designed to make you feel more comfortable getting started with every day conversation. Learn the fundamentals of the Spanish language and start speaking with confidence. This easy to follow class includes interactive activities.

55082 M & W 6/1-6/29 1-3 PM \$40/\$45/\$50
Blossom Room

New! Food Gardening: Right Size, Right Place

Growing vegetables is great fun, good exercise and a sure way to more nutritious eating. Join Bonita Condon of the Montgomery County Master Gardeners for a discussion on food gardening. Learn the latest information on nutritional values, popular choices and recipes.

56025 Tu 6/7 1-2 PM \$6/\$9/\$11
Azalea Room

New! Summer Sudoku

This entertaining and fun game is easy to learn. Murray Stein will teach some simple rules and you'll be able to complete a puzzle and be hooked. It doesn't involve math, just the ability to distinguish numbers 1 through 9. Murray, over the summer will be able to do a four star, five star and six star puzzle. Come join the fun!

55577 W 6/15,7/20,8/17 10:30-11:30 AM Free/\$6
Azalea Room

Turning 65?

Happy Birthday! You now have choices and Medicare is one of them. There are important questions you need to think about now. Do you need to sign up for Medicare? Can you work and get Medicare? Do you need a refresher? Join representatives from the Senior Health Insurance Assistance Program, and learn where to begin and how to get help.

54955 Tu 6/7 7-9 PM Free
55945 Tu 8/16 7-9 PM Free
Carnation Room

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City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



New! Watercolor - Birds and Flowers

This painting class will focus on summer flowers and feathered friends. Learn proper proportions and how to render a convincing painting using shapes to identify parts of flowers as well as body types of different birds and their bills, feet and eyes. Please bring pictures of birds and flowers you would like to paint. Photographs will also be provided. Participants should bring their watercolors and brushes.

55487 Th 7/7-8/11 10 AM-12 PM \$72/\$90/\$112
Blossom Room/Fry

Computers for Seniors

Before registering, we recommend visiting the Computer Lab for course information and placement. For class advice, call 240-314-8805 or email rockvillecomplab@hotmail.com. (B)=Beginner; (I)=Intermediate; (IP)=Intermediate Photography.

(B) Computer Basics

In this introductory course, learn basic skills including computer vocabulary, opening and saving files, monitor and desktop settings, shortcuts, menus and software. Create a variety of different icons to personalize your computer. Learn how to access the Internet and your email from any computer.

54981 Tu & Th 6/21-6/23 10 AM-12 PM \$15/\$20/\$25
56151 Tu & Th 7/26-7/28 10 AM-12 PM \$15/\$20/\$25
Computer Lab/Hickman

(B) Computers - Save and Find Documents

Can't find a file or photo you saved? Learn the Windows filing method. Topics include creating, naming and filing folders, saving files to backup disks and creating, moving or deleting a desktop shortcut.

55014 Th 5/26 1-3 PM Free/\$5/\$7
56055 Th 8/18 1-3 PM Free/\$5/\$7
Computer Lab/Martin

(B) Email Basics

This introductory session will use class accounts for you to learn the basics of sending, receiving, copying and saving emails.

56064 Th 8/25 1-3 PM Free/\$5/\$7
Computer Lab /Martin

(B) Function Keys

One of the biggest differences between a typewriter and the computer keyboard is the row of keys at the top of the keyboard that are labeled F1 through F12, commonly known as function keys. These keys may have a variety of different uses or no use at all. See how function keys will improve your work on your computer.

54994 M & W 5/23-5/25 10 AM-12 PM \$15/\$20/\$25
 55969 M & W 7/26-7/28 10 AM-12 PM \$15/\$20/\$25
 Computer Lab/Hickman

(B) New to Computers?

For those new to computers (or just afraid to try) this class will familiarize you with the basic components of computers. We will introduce you to everyday tasks like email, word processing and surfing the web. No experience required.

54977 Tu 6/7 10 AM-12 PM \$5/\$7/\$9
 55960 Tu 8/2 10 AM-12 PM \$5/\$7/\$9
 55961 Tu 7/5 10 AM-12 PM \$5/\$7/\$9
 Computer Lab/Hickman

(B) Personal Screen Savers

Learn how to create a slide show of your favorite family photos. Add your favorite music and you have memories to enjoy instead of a static desktop picture.

56039 Tu 8/9 1-3 PM Free/\$5/\$7
 Computer Lab/Martin

(B) Practice Lab- Beginners

If you have never touched a mouse or a keyboard, this class will help you become familiar with their basic functions. Move at your own pace with individualized instruction.

55920 F 6/3-9/2 10 AM-12 PM Free/\$3/\$5
 Computer Lab/Gross, Davis

(B) Right Click - Left Click

Come discover how to find, move, copy and save your files and pictures. Create or delete shortcut icons on your desktop, emails and documents. It is all easy when you understand your mouse.

55948 Th 6/16 1-3 PM Free/\$5/\$7
 55962 Th 7/7 1-3 PM Free/\$5/\$7
 Computer Lab/Martin

(B) Windows PC Backup

Backing up your system (files) is an often neglected task. When and how do I back up my system? How long do I hold my backups? What type of backup media is the best? Learn the answers to these and other important questions you might have. Note: \$3 material fee payable to instructor at first class.

55949 M 6/20 1-3 PM \$7/\$9/\$13
 Computer Lab/Hickman

(B) Word Processing

Word processing skills are required for many applications. Learn how to insert, edit, move and delete text and pictures. Files may be moved to a different document, PC or external memory. Learn the value of the 'Save As' command.

55950 W 6/22-6/29 1-3 PM Free/\$5/\$7
 55978 W 7/20-7/27 1-3 PM Free/\$5/\$7
 Computer Lab/Martin

(B, I) SKYPE/Webcams

Make free telephone calls anywhere in the world to anyone on your call list. That's what SKYPE does. We'll discuss how to set up this high-quality telephone service and its advantages.

55072 M 6/6 1-3 PM \$7/\$9/\$13
 Computer Lab/Bender

iPhone Basics

A hands-on class for iPhone beginners and anyone else who wants to get more out of their iPhone. We will start with the basics: terminology, the physical layout and settings. Discover the iCalendar and camera and Siri, voice dictation, manage contacts and connect to iTunes and the App store. Keep your iPhone running efficiently and learn to use iCloud for back-up. Bring your iPhone, power cord and adapter to class. If you already have an iTunes account, please bring your ID and password. Note: There may be a handout fee.

56036 Tu & Th 7/12-7/21 1-3 PM \$40/\$48/\$60
 Computer Lab/Kranzberg



(BI) iPad Basics

A hands-on class for iPad beginners and anyone else who wants to get more out of their iPad. We will start with the basics: terminology, the physical layout and settings. The class will progress to discovering Siri voice activation and integrating with the Cloud. Bring your iPad, power cord and adapter to class. If you already have an iTunes account, please bring your login ID and password. Note: There may be a handout fee.

55968 Tu & Th 7/12-7/21 10 AM-12 PM \$40/\$48/\$60
Computer Lab/Kranzberg

(BI) PC Infections

As more and more information is available on the Web, it is increasingly important to protect your identity and to maintain your computer's security. Learn tips to ensure both you and your computer are protected against hackers, scammers and identity thieves. Learn how to identify the signs and symptoms of malicious software.

55000	Tu	5/24	1-3 PM	\$7/\$9/\$13
55954	M	6/27	1-3 PM	\$7/\$9/\$13
55994	W	8/3	1-3 PM	\$7/\$9/\$13
55953	M	8/22	10 AM-12 PM	\$7/\$9/\$13

Computer Lab/Hickman

(BI) Pictures, Phone to PC

Many of us enjoy taking pictures with our smart phones and tablets. Learn how to transfer these pictures from your mobile devices to your computer. Make folders, organize your pictures and have fun with your picture projects.

55078	Tu	6/28	10 AM-12 PM	\$5/\$7/\$9
55951	Th	6/30	10 AM-12 PM	\$5/\$7/\$9
56051	Tu	8/16	10 AM-12 PM	\$5/\$7/\$9

Computer Lab/Hickman

(BI) Voice Commands

Talk and your computer types. Imagine using your voice to control your computer! Create and edit documents or e-mails, launch applications, open files, control your mouse and more. Learn to set up your computer for Windows or Speech Recognition. Program requires Windows 7 or 8.

55079	W	6/8	1-3 PM	\$7/\$9/\$13
56063	Tu	8/23	1-3 PM	\$7/\$9/\$13

Computer Lab/Hickman

(I) Computer Troubleshooting

Most people experience occasional computer problems such as a document that won't print, a computer that won't turn on, the inability to access the internet or a blue screen. Don't panic. Come learn some basic troubleshooting techniques and solve your computer problems.

55076	Tu & Th	6/14-6/16	10 AM-12 PM	\$15/\$20/\$25
56042	M & W	8/8-8/10	1-3 PM	\$15/\$20/\$25

Computer Lab/Hickman

(I) Facebook - Beginner

Facebook is a social networking website with billions of subscribers. Users create personal profiles to connect and share with friends and family. Learn how to join the world of Facebook and set up an account in class.

55984	M/W	7/20 & 7/27	10 AM-12 PM	\$9/\$11/\$15
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Computer Lab/Kranzberg

(I) Laptops - Windows 7

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 7.

55019	M & W	6/13-6/15	1-3 PM	\$15/\$20/\$25
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Computer Lab/Hickman

(I) Laptops - Windows 8

You can do just about anything on a laptop that you can do on a desktop. Bring your laptop to class and learn about wireless connections, touch pads, Internet access, protecting your computer from theft and other important features of Windows 8.

55990	Tu & Th	7/26-7/28	1-3 PM	\$15/\$20/\$25
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Computer Lab/Hickman

(I) Maintaining Your Computer

Does your system have frequent pop-up messages? Does it take a while to start up or shut down? We will look at some tips to help improve its performance and answer questions that puzzle you about your computer. Note: Handout fee of \$3 will be collected at class.

55965	M & W	7/11-7/13	10 AM-12 PM	\$9/\$11/\$13
56048	M & W	8/15-8/17	10 AM-12 PM	\$9/\$11/\$13

Computer Lab/Hickman

(I) Microsoft Excel

Learn how to enter data, create a basic worksheet from data, and design, develop, format and manipulate spreadsheets with MS Excel (10 Version). Note: \$5 handout fee payable to instructor at first class.

55947 M & W 6/20-6/29 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

Excell II

Let takes Excel to the next level. Focusing on filtering, calculating data across worksheets, formatting tables, sort and filter data. Creating, modifying and formatting charts. Creating templates and more.

56066 M & W 8/29-9/7 10 AM-12 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Microsoft Word

Have you struggled with the appearance of your text, not been able to line up text, collate a list or make your documents look professional? Join us as we explore these and other issues. Note: \$5 handout fee payable to instructor at first class.

55958 Tu & Th 6/28-7/5 1-3 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) PowerPoint

Create a dynamic electronic presentation using eye-catching features. Learn how to use built-in templates, themes, designs and background styles. Topics will also include how to add titles, charts, tables and pictures. Note: \$5 handout fee payable to instructor at the first class.

55967 M & W 7/11-7/18 1-3 PM \$27/\$34/\$42
Computer Lab/Hickman

(I) Thumb Drives, Etc.

Learn how to copy pictures or files on to a flash drive (thumb drive) and how to then cut, copy and paste files from your thumb flash drive to any other computer. It's important to have a backup copy of work on your computer.

55073 Tu 6/7 1-3 PM \$7/\$9/\$13
56007 Th 8/11 10 AM-12 PM \$7/\$9/\$13
56006 Tu 8/23 10 AM-12 PM \$7/\$9/\$13
Computer Lab/Hickman

(I) Windows 10

The next version of Windows is here. Learn about the updated features and the new browser.

56059 M & W 8/22-8/24 1-3 PM \$36/\$46/\$52
Computer Lab/Hickman

(I) Windows 7

Check out the look of Windows 7: control panel, screen savers, wallpaper and more. Learn what's on the desktop, in file management, monitor and power settings. Advanced tools such as auto arranging your desktop, using sticky notes and the gadget feature will also be covered.

55018 M & W 6/6-6/13 10 AM-12 PM \$36/\$46/\$52
Computer Lab/Hickman

Coding for Beginners with Scratch

What exactly is coding? Coding is what makes it possible for us to create computer software, apps and websites. If you're someone who wants to learn about coding, but you haven't got a clue where to start, let us help. 'Scratch' will let you easily use your computer creatively!

56016 W & F 7/6-7/8 1-3 PM Free
Azalea Room/Katzper

Windows 10 Laptop

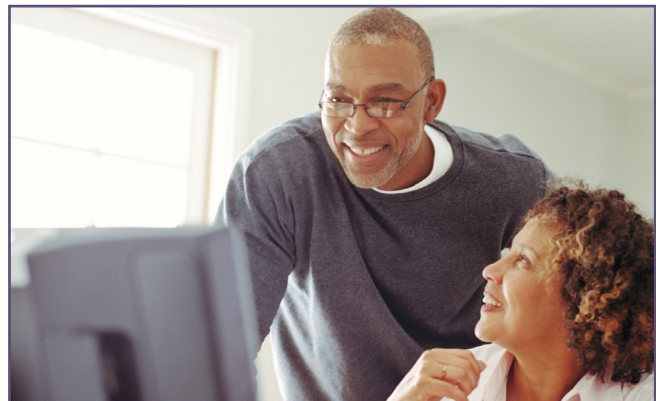
With the rollout of Windows 10 on new laptops, learn hot to navigate the newest Windows platform/

56038 M & W 8/8-8/10 10 AM-12 PM \$25/\$30/\$35
Computer Lab/Hickman

Windows Explorer

Windows Explorer is the program that you use to browse through the files on your computer and connected devices. You can use it to browse network locations, manage your files and much more.

55075 Th 6/9 1-3 PM \$15/\$17/\$19
Computer Lab/Martin



Fitness and Wellness

We recommend bringing a water bottle to all fitness programs.

A Matter of Balance

Balance exercises help improve stability, coordination, leg strength and posture. The exercises in this class will help reduce the risk of falling, help prevent injury and improve overall daily life.

55494 W 6/22-8/17 12:10-12:50 PM \$33/\$38/\$48
Exercise Room/Finn

Aerobic Workout

Step up to the latest exercise designed for the active senior who can walk and turn with ease. Aerobic dancing provides enjoyable exercise using easy dance movements with one foot safely in contact with the floor at all times. This class includes a mixture of oldies and current music.

55495 Tu & Th 6/21-8/18 11 AM-12 PM \$48/\$60/\$72
55916 W 6/22-8/17 2:15-3:15 PM \$30/\$38/\$45
Exercise Room/Klopfner

All Day Exercise

Would you like to try a new exercise class to help spice up your fitness routine? Come preview many classes that will be offered this fall. We'll have several free, 25-minute class demonstrations offered throughout the day. Try as many as you would like.

55496 Th 8/25 10 AM-2 PM Free
Exercise Room

Arthritis Foundation - Exercise

Designed by the Arthritis Foundation, this class uses gentle movements to help increase joint flexibility and range of motion, maintain muscle strength and increase overall stamina. Exercise can help reduce pain and stiffness as well as feelings of isolation and depression.

55497 Tu & Th 6/21-8/18 1-2 PM \$53/\$65/\$78
Exercise Room Side 1/Owen



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Body in Motion

A body in motion stays in motion! Try this newly designed class that will incorporate cardio movement, balance and strength training followed by 10 minutes of stretching and cool down. This class includes all elements of exercise to help heart health, build muscle and improve balance and flexibility.

55500 M 6/20-8/22 1-2 PM \$40/\$50/\$60
Exercise Room

New! Breaking the Ice

As we get older, we no longer benefit from the built-in social circles that we may have had when we had school age children or while working. Join us for an interactive class to help seniors create and maintain friendships. You will have a chance to meet people who are interested in creating friendships and improving overall engagement with the people they encounter on a daily basis. Co-sponsored by Jewish Social Service Agency, presented by Hileia Seeger, LCSW-C, Director, Community Support Services, Senior Services.

54918 Th 5/26 1-2 PM Free
Azalea Room

Ask the Wellness Coach!

Let our coach check your body fat composition.

Ask questions related to nutrition, diet and general health.

Call for your free 15-minute appointment or stop by the Fitness Room desk.
(Fitness Members Only)

240-314-8813



New! Catch Your Z's with Ease!

Getting a good night's sleep is critical to maintaining good physical and emotional health. Dr. Pavel Klein, Director of the Mid-Atlantic Epilepsy and Sleep Center, will discuss the most common sleep disorders and the negative impact they may have on your health. The discussion will also include strategies for developing healthier sleep patterns and the treatments available.

54914 Th 6/23 1-2 PM Free
Azalea Room

Chair Cardio

Try this exciting cardio class and get your heart pumping while listening to fun, energetic music. Stay seated throughout the entire class and get a great aerobic workout.

55502 F 6/24-8/19 1:30-2:30 PM \$30/\$37/\$43
Exercise Room Side I/Owen

Chair Exercise

This seated program is performed to music. Exercise patterns are designed for those with limited mobility to help develop strength, flexibility, endurance and promote better circulation.

55503 M & W 6/20-8/22 11 AM-12 PM \$48/\$60/\$68
Exercise Room/Ramsey

Chi Gong (Qigong)

Chi Gong is a set of meditative exercises combining simple body movements, breathing and mental imagery. You can direct the flow of your body's energy to help prevent disease, and build strength.

55902 F 6/24-8/19 11:15 AM-12 PM \$45/\$56/\$67
Blossom Room/Helfer

Easy Feet

Using fun, energetic music, you will learn easy to follow patterns while receiving a great light cardio workout. This class is appropriate for beginners.

55506 F 6/24-8/19 11:15 AM-12 PM \$30/\$38/\$45
Exercise Room/Finn

Easy Zumba

Combine fun, energetic and motivating music with easy to follow movements and dance away your worries. Zumba is great for both the body and mind. This feel-happy workout will encourage you to keep coming back for more. Appropriate for beginners.

55507 M & W 6/20-8/22 10-10:50 AM \$48/\$60/\$72
(M) Exercise Room/Serrano Gonzalez
(W) Carnation Room

New! Effective Communication with Your Healthcare Provider

Have you ever felt confused about the medication you were prescribed or confused by medical test results? Effective communication between a health care provider and patient is key for improving patient satisfaction, treatment compliance and health concerns. Join Bozena Skraban, Adventist HealthCare, Community Health Education Coordinator, as she discusses strategies and tips that will help you communicate clearly and more effectively.

55938 Tu 7/12 1-2 PM Free
Azalea Room

Fitness Club

Interested in becoming a Fitness Club member? Work out in our state-of-the-art fitness room. Basic equipment training is required for new members. Instruction is offered by appointment only. You must be a Senior Center member to join the Fitness Club. The Fitness Club membership fee is \$90 annually. Stop by the reception desk to set up your appointment. Some Saturday appointments available.

Basic Exercise Machine Training

Basic exercise machine training is required of all new fitness club members. This is done by appointment only. Appointments can be made at the front desk. Some Saturday appointments available.

55508 M-F 8/8-9/30 8 AM-6 PM \$15

Exercise Machine Training Plus

For those individuals who would like more than the required basic training, this training is done by a certified personal trainer. Receive an exercise plan designed specifically for your individual needs. Some Saturday appointments available.

55509 M-F 8/8-9/30 8 AM-6 PM \$40

Forever Fit

Receive a total body workout that combines cardio exercise, strength training and flexibility. All exercises are done standing or seated in a chair. No mat work will be done. Exercises are appropriate for all fitness levels.

55918 M 6/20-8/22 12:10-12:50 PM \$30/\$38/\$45
 55510 Tu & Th 6/21-8/18 10-10:50 AM \$60/\$75/\$90
 Exercise Room/Finn

New! Managing your Medications

Managing your medications means maximizing your quality of life and happiness. A Suburban Hospital Pharmacist will help de-mystify the do's and don'ts of medications. Learn helpful tips and practical approaches on proper dosage and uses, dangers of non-compliance, and the future of medicine.

55940 Th 7/28 1-2 PM Free
 Azalea Room

Questions about your workout?

Ask the Trainer!

Call for a free
15-minute
appointment
or stop by
the Fitness
Room desk.
(Fitness Members Only)



240-314-8813

Nutrition After 50

Are you interested in learning how to optimize your day to day performance with food choices that will impact your metabolism, immune system and overall health? Join Registered Dietician Rhonda Brandes as she discusses the basics of meal planning, what to look for on food labels and adds diet modifications that will help you to look and feel your best in your 50's and beyond.

55939 Th 8/25 1-2 PM Free
 Azalea Room

New! On Your Feet - Yoga Blend

This class includes basic Yoga poses in a slow and easy pattern adding elements of balance and core strengthening exercises. This class will be done in a standing position, or seated position. No mat work involved.

55915 W & F 6/22-8/19 \$65/\$81/\$98
 (W) Exercise Room/Finn 1:15-2 PM
 (F) Exercise Room Side 2 1:20-2:05 PM

Personal Trainer

Be evaluated by a nationally-certified personal trainer who will design an individualized program based on your needs. Register at the front desk and you will be contacted by one of our trainers to schedule an appointment. Some Saturday appointments are available. Fitness Club members only.

One - One Hour Session

55512 M-Sa 6/20-9/10 9 AM-6 PM \$49

Two - One Hour Sessions

55513 M-Sa 6/20-9/10 9 AM-6 PM \$95

Three - One Hour Sessions

55514 M-Sa 6/20-9/10 9 AM-6 PM \$135

Six - One Hour Sessions

55515 M-Sa 6/20-9/10 9 AM-6 PM \$250

Ten- One Hour Sessions

55516 M-Sa 6/20-9/10 9 AM-6 PM \$395

Like us on Facebook

City of Rockville Farmers Market
 Croydon Creek Nature Center
 Fitzgerald Theatre Rockville
 Rockville Seniors
 City of Rockville Sports Leagues



Senior Abs and Back

The core is the key to better posture, better balance and better movement. This class will focus on the core through exercises using your upper and lower abdominals, pelvic floor, obliques, buttocks and mid and lower back muscles. Most exercises will be done on the floor; participants must be able to get up and down from the mat.

55517 Tu 6/21-8/16 5-5:45 PM \$40/\$48/\$57
Exercise Room/D'Angelo

Senior Fit

Improve your health and become more independent with the help of an exercise physiologist. Sponsored by Holy Cross Hospital and Kaiser Permanente, all participants must register and have a signed doctor's certificate. Note: First Wednesday of every month, class held at Lincoln Park Community Center.

55520 M & W 7/4-9/7 1:30-2:15 PM Free
55521 M & W 7/4-9/7 2:20-3:05 PM Free
Carnation Room/Aehle

Senior Functional Training

While focusing on functional movement, this class includes routines designed to improve strength for all muscle groups. Supercharge your workout, boost your metabolism, burn fat and reach your fitness goals. Participants will use weights and mats. This workout is for all fitness levels.

55522 Sa 6/25-8/20 10-11 AM \$45/\$56/\$67
Exercise Room/Owen

Senior Pilates - Intermediate

Participants should have a basic knowledge of Pilates movements and breathing. Strengthening and stretching exercises will target abdominal and pelvic muscles to improve balance, posture, flexibility and core strength.

55524 Tu 6/21-8/16 2:15-3 PM \$57/\$71/\$85
55525 Tu & Th 6/21-8/18 2:15-3 PM \$98/\$122/\$147
Exercise Room/Klopper

Senior Pilates Basics

Learn basic Pilates moves while targeting abdominal and pelvic muscles to improve balance, posture, flexibility and core strength. Enjoy this non-impact, mind and body workout using mats (provided). This class is appropriate for beginners.

55526 Th 6/23-8/18 11-11:45 AM \$57/\$71/\$85
Lounge/Finn

Senior Sculpt

It's never too late to build muscle. Work all your major muscle groups with the use of weights, bands and tubes. The instructor will guide you through each movement with specific instructions. All movements will be appropriate for seniors. This class includes work on the mat.

55527 F 6/24-8/19 9-9:45 AM \$40/\$50/\$60
Thomas Farm CC/Ramsey

Senior Strength and Stretch

This class begins with 30 minutes of strength training exercises, which includes the use of weights, tubes and bands, as well as core-strengthening mat work. We will finish the class with 15 minutes of yoga, leaving the body stretched and relaxed. This class includes work done on the mat.

55528 F 6/24-8/19 9-9:45 AM \$40/\$50/\$60
Exercise Room/Fleishman

Senior Strength Training

This class is designed to build muscle strength, endurance and improve balance. The instructor will guide you through a variety of movements while working all major muscle groups with the use of weights, bands and tubes. This class includes work done on the mat.

55529 Tu & Th 6/21-8/18 9-9:45 AM \$64/\$80/\$96
Exercise Room/Ramsey

Senior T'ai Chi Ch'uan Beginner/Intermediate

Combine body movement, breathing and mental awareness to promote health and relaxation. This class will incorporate and compare different styles of T'ai Chi, which will include certain historical and cultural aspects. For Senior Center members only.

55530 Tu & Th 6/21-8/18 10-10:50 AM \$8
Carnation Room/Gegan

WAITING LIST

If your desired class is filled, you will be notified and placed on a waiting list.



We make every effort to accommodate those on the list. If an opening becomes available, we will go to the wait list to fill the class.

Senior Triple Challenge

This great class will address the three major components of exercise: cardio conditioning, strength training and flexibility. Receive a total body workout in only one hour. Class can be modified for most fitness levels. This class includes work done on the mat.

55531 W 6/22-8/17 5-6 PM \$45/\$56/\$67
Exercise Room/Biedscheid

Senior Yoga

Yoga is a lifestyle incorporating exercise, diet, proper breathing, relaxation, meditation and positive thinking. Learn gentle stretching and strengthening exercises. Wear comfortable, loose-fitting clothing. Bring a yoga sticky mat.

55532 W & F 6/22-8/19 (W) 9:50-10:50 AM \$93/\$116/\$139
Exercise Room/Figure (F) 10-11 AM

Stress Reduction and Meditation

Are you stressed? Does anxiety cause you to feel nervous and keep you awake at night? This class will give you the tools to focus, relax, and come to a more peaceful sense of being. There will be time for meditation and discussion. Betty Figure has taught meditation, guided imagery and stress reduction classes for over 30 years. No class 6/27 or 7/4.

55937 M 6/13-8/8 1-2 PM \$30/\$35/\$40
Board Room/Figure

Total Conditioning Workout

This strength building, non-cardio fitness class is designed to improve strength, flexibility and balance using hand-held weights, bands and tubes. Intensity may be modified to suit most fitness levels. This class includes mat work.

55536 M 6/20-8/22 9-9:45 AM \$45/\$56/\$68
55537 F 6/24-8/19 12:15-1 PM \$45/\$56/\$68
Exercise Room/Klopfers

Triple Zen

Experience the benefits of flexibility through yoga while gaining core strength and conditioning through Pilates in this fusion class, performed in a flowing pattern. Bring a yoga sticky mat.

55538 M 6/20-8/22 11:15 AM-12 PM \$45/\$56/\$67
Carnation Room/Fleishman

Walking Strong

Anytime is a great time to commit to a walking program. Feel and look better while getting healthier. This is a safe and fun indoor walking class which includes muscle boosting exercises, will increase circulation, boost your immune system and burn calories. Walk approximately one mile each class.

55539 Tu & Th 6/21-8/18 12:15-12:45 PM \$25/\$30/\$38
Exercise Room/Owen

Yo-Chi

This mind-body class combines standing and floor-based yoga postures with Chinese T'ai Chi movement patterns for the arms and legs. This fusion program will improve stability, strength, mobility and flexibility by combining the two oldest mind-body programs. Bring a yoga sticky mat. Modifications are available. Class is for most fitness levels.

55541 M 6/20-8/22 2:10-2:50 PM \$30/\$37/\$43
Exercise Room/Serrano-Gonzalez



Senior Center Membership Fees

\$40/year - Rockville Residents
\$135/year - Non-residents; \$65 spouse

Senior Center Fitness Club Membership Fees

\$90/year (Must be a Senior Center member)

Senior Center Fitness Center Hours

Mon.-Fri. - 7 a.m. - 8 p.m. • Sat. - 7 a.m. - 4 p.m.

Yoga Flow

Sequence through basic yoga poses, including Warrior 2, Chair and Tree pose, in a slow-to-moderate flow pattern. This yoga practice begins with a warm-up and ends with a relaxation period. Please bring a yoga sticky mat.

56147 M 6/20-8/22 6:15-7:15 PM \$40/\$50/\$60
 55542 Tu & Th 6/21-8/18 1-2 PM \$65/\$81/\$98
 Exercise Room Side 2/Mustafa

Yoga-lates on the Ball

Tone, strengthen and stretch your muscles in this dynamic total body conditioning workout utilizing the stability ball. Learn a variety of creative exercises that challenge both mind and body. Increase body awareness, balance and coordination through core stability, using yoga and Pilates.

55543 W 6/22-8/17 8:45-9:30 AM \$50/\$63/\$75
 Exercise Room/Finn

Zumba Gold

This easy Latin and internationally-inspired program is designed for beginners. It creates a party-like atmosphere that is fun and effective. Zumba Gold is great for the body, mind and soul. Enjoy dancing while receiving a total body workout.

55544 M 6/20-8/22 5-6 PM \$35/\$44/\$53
 55919 Th 6/23-8/18 5-6 PM \$35/\$44/\$53
 Exercise Room/Ford

Sports - Instructional

We recommend bringing a water bottle to all sports programs.

Bocce Ball Tournament

Enjoy an entertaining, fun and social morning. Our tournament is open to all Rockville Senior Center members. Tournament participants must register. Free program.

55499 Tu 7/26 9:30-11 AM Free
 Bocce Ball Court/Neale



Senior ROGue Tennis

Come try this brand new tennis program, while staying cool inside! ROGue Tennis is played with a foam ball on a smaller court so play is easy and fun. Our special tennis balls bounce lower and move slower through the air, making them easier to hit. This class is appropriate for beginners. Some equipment is provided.

56069 M 6/27-8/8 3:30-4:45 PM \$25/\$31/\$37
 Exercise Room

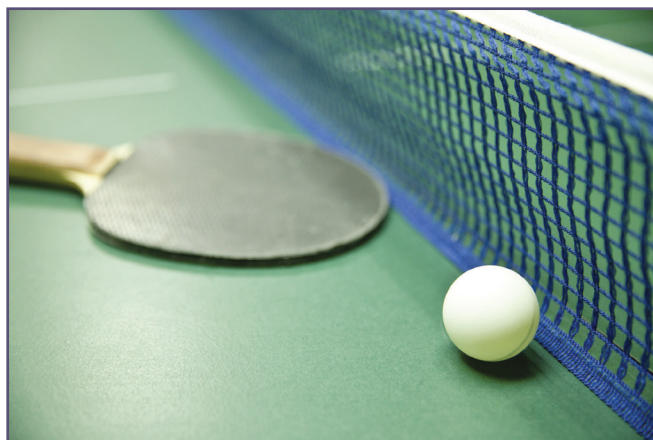


Table Tennis - Beginner

This class is for those with little or no experience who want to learn techniques, basic rules and scoring. Not only is it fun to play, but the game also helps increase dexterity, flexibility, coordination and reflexes.

55535 M 6/20-8/1 1-2 PM \$30/\$37/\$43
 Game Room

Table Tennis - Intermediate

This class is for those who have a basic knowledge of the rules and scoring and experience playing. Not only is the game fun to play but it also aids in dexterity, flexibility and coordination.

55534 W 6/22-7/27 1-2 PM \$30/\$37/\$43
 Game Room

Table Tennis - Advanced

This class is for those players who have advanced beyond the intermediate level of play. Participants must have a strong knowledge of rules and scoring.

55533 F 6/24-7/29 1-2 PM \$30/\$37/\$43
 Game Room

Wii Play

Come bowl, play golf, baseball or tennis or try your fists at boxing - all through the game system, Wii. The light-weight remote is the key to these fun interactive games. Come and join the games on Friday mornings. Senior Center members only.

55540 F 6/24-8/19 10 AM-12 PM Free
Azalea Room

Sports - Leagues

We recommend bringing a water bottle to all league practices and games.

Bocce Ball Club

This lawn game is easy to learn and can be enjoyed at all levels. There is a court located behind the Senior Center. If interested in joining a team, register for this activity at the Front Desk. For members only.

55498 Tu & Th 6/28-10/6 10-11 AM Free
Bocce Ball Court/Neale

Game Room Activities

Play pool and table tennis daily in our game room. Open Monday and Wednesday 8:30 a.m.- 7 p.m., Tuesday, Thursday and Friday, 8:30 a.m.- 5 p.m. and Saturday, 8:30 a.m.- 2:45 p.m. Practice games, clinics, instruction and tournaments are held regularly. Table tennis is available at Twinbrook Community Recreation Center on Wednesday, 9-10 a.m. For members only.

55511 M-Sa 6/6-9/3 Free
Game Room

Senior Duffers

Come join the 2016 Golf Season. Play is arranged at local golf courses. All levels of ability are invited to join, however this is not a teaching activity. Both 9 and 18-hole play are available.

55519 M 6/20-10/17 7:30 AM-1 PM \$6/\$7/\$9
Reamy



Rockville Senior Center

FITNESS CENTER

It's the best time to be a senior in Rockville!

7 a.m. – 8 p.m. Monday-Friday
7 a.m. – 4 p.m. Saturday

Fitness Club Membership Fees

\$90/year
(Must be a Senior Center member)

www.rockvillemd.gov/seniorcenter

240-314-8800

Trips

TRIP REGISTRATION

In-Person Lottery

Tuesday, May 24, 10:30 a.m.

Senior Center Members and Residents

Numbers distributed random order, 10:15 a.m.

Friday, May 27

Nonresidents and Nonmembers

Registrations accepted at Senior Center only.

Individuals may register for themselves and one other person.



New! Cruising the Rappahannock River

Virginia's Rappahannock River is full of adventure and history, and this trip aboard the Captain Thomas will be a day to remember. Bring binoculars to get a close-up look at the resident bald eagles or other migratory birds that flock to this area. After docking, be transported to Ingleside Plantation Vineyard for a buffet lunch followed by a tour and tasting. Trip includes charter bus transportation, leadership, boat ride, buffet lunch, wine tasting and tour. This trip not handicapped accessible.

55890 Th 6/16 7:15 AM-7:15 PM \$97/\$121/\$139
Departs: Glenview Mansion

New! Phantom of the Opera

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's The Phantom of the Opera comes to the Kennedy Center. The show is bigger and better with new scenic design, costumes, lighting, choreography and special effects. The beautiful score and beloved story is performed by a cast and orchestra of 52, making this one of the largest productions now on tour. Lunch on your own at the KC Cafe prior to the show. Trip includes charter bus transportation, leadership, and orchestra seat.

55893 Th 7/14 10:30 AM-5:30 PM \$99/\$124/\$143
Departs: Glenview Mansion



New! A Capitol Idea! - The Supreme Court

You've seen it on the news, but have you ever been inside? DC Licensed Tour Guide Betsy Thompson will escort our group on a tour through the Supreme Court's interpretive exhibits, visit the courtroom where historic decisions are made, and view a film about the history and operation of our nation's highest court. After the tour enjoy lunch locally. Trip includes tour, lunch and charter bus transportation.

55979 W 7/27 9 AM-3 PM \$52/\$65/\$75
Departs: Glenview Mansion

Annual Crab Feast

Take a trip over the Chesapeake Bay Bridge to Kent Island for our Annual Crab Feast at Fisherman's Crab Deck. Enjoy the breeze along the water's edge and have an all-you-can-eat crab experience. Trip includes: leadership, charter bus transportation and lunch.

55889 Tu 8/16 10:30 AM-4:30 PM \$75/\$94/\$108
Departs: Glenview Mansion



FREE Senior Center **Health Fair**



Wednesday, May 25
11 a.m. - 1:30 p.m.

Health screenings, healthy snacks and more!!



**Come check out our
newly renovated
South Pool**

**at the Rockville Swim
and Fitness Center**

**355 Martins Lane,
Rockville MD 20850**

**[www.rockvillemd.gov/
swimcenter](http://www.rockvillemd.gov/swimcenter)**

INTERNATIONAL DAY

A Celebration of Cultures

Friday, June 10

10:30 a.m.-Noon

- Displays
- Costumes
- Tastings
- Dance demonstrations

Rockville Senior Center

Like us on Facebook

City of Rockville Farmers Market
Croydon Creek Nature Center
Fitzgerald Theatre Rockville
Rockville Seniors
City of Rockville Sports Leagues



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MANAGED BY
BILLY CASPER GOLF

Rockville Swim and Fitness Center

355 Martins Lane, Rockville, MD 20850
www.rockvillemd.gov/swimcenter
 240-314-8750



The swim center has two indoor and two outdoor pools, outside interactive "sprayground," 150-foot waterslide, dry saunas, whirlpool and fitness center and meeting rooms. Several types of memberships are available or a daily admission pass can be purchased. Pool memberships must be up-to-date to receive the discounted rate for classes.

NOW HIRING

**Lifeguards, Water and Land
 Fitness Instructors, Front
 Desk Staff, Swim Coaches ,
 and Swim Lesson Instructors**



**For additional information,
 call 240-314-8750
www.rockvillemd.gov/swimcenter**

No classes July 2-4

Fees:
 M = RSFC Member • NM = Non-RSFC Member

Registration Procedures

Swim Center Members
 Tuesday, May 10, 8:30 a.m.

Swim Center Non-members
 Thursday, May 12, 8:30 a.m.

Registration Deadline
One week prior to start date

To be eligible for a membership discount, participants registering for a course must have an annual, winter or summer membership for aquatics or the full facility. See www.rockvillemd.gov/swimcenterfeeschedule for a list of membership rates and types.

Credits or refunds will be issued for medical reasons only and must be accompanied by a letter from your doctor.
 Note: \$10 withdrawal fee for all refunds; \$5 transfer fee.

Mail to:
 Swimming Lessons
 RSFC
 355 Martins Lane
 Rockville, MD 20850

Fax to:
 Swimming Lessons
 240-314-8759

Check Out Our Fitness Room

Featuring:

- Rowing Machine
- 5 - Treadmills
- 4 - Elliptical Machines
- 2 - Recumbent Bikes
- 2 - Step/Climber Machines
- 13 pieces - Single Station Strength Training Equipment and Free Weights
- Meeting Room and Kitchenette (available for rentals and parties)

240-314-8750
www.rockvillemd.gov/swimcenter

Adult/Child Swim

An adult must accompany each child into the water for every adult/child program. A signed doctor's note is required for the first class (either on the doctor's letterhead or a prescription pad.) The City does not provide a form for this purpose. Note: non-toilet trained children must wear a swim diaper under tight-fitting vinyl pants. Pants are on sale at the Center.

Bubblers I

Introduce your baby to the water in a relaxed and playful manner. Learn basic skills and water safety. This is an adult/child class.

Age: 6-18 mo				M/NM
55668	Sa	6/18-8/6	10:50-11:20 AM	\$62/\$78
55670	Su	6/19-8/7	10:15-10:45 AM	\$62/\$78
55667	F	6/24-8/12	10-10:30 AM	\$71/\$89
55669	M & W	7/18-8/10	3-3:30 PM	\$71/\$89

Bubblers 2

Tots with little or no experience are welcome. Children will learn the basics of swimming such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 18-36 mo				M/NM
55673	Sa	6/18-8/6	8:30-9 AM	\$62/\$78
55674	Sa	6/18-8/6	10:15-10:45 AM	\$62/\$78
55675	Su	6/19-8/7	9:40-10:10 AM	\$62/\$78
55678	Su	6/19-8/7	11:25-11:55 AM	\$62/\$78
55671	M & W	6/20-7/13	3-3:30 PM	\$62/\$78
55672	Tu & Th	6/21-7/14	9:30-10 AM	\$71/\$89
55676	M-Th	7/18-7/28	4:10-4:40 PM	\$71/\$89
55677	Tu & Th	7/19-8/11	9:30-10 AM	\$71/\$89

Bobbers I

Along with an adult, children will learn to adjust to the water. They will also learn simple water skills, such as submerging, floating, kicking and arm stroking. This is an adult/child class.

Age: 3-5				M/NM
55660	Sa	6/18-8/6	9:05-9:35 AM	\$62/\$78
55661	Sa	6/18-8/6	11:25-11:55 AM	\$62/\$78
55662	Su	6/19-8/7	9:05-9:35 AM	\$62/\$78
55663	Su	6/19-8/7	10:50-11:20 AM	\$62/\$78
55656	Tu & Th	6/21-7/14	3-3:30 PM	\$71/\$89
55657	Tu-Th, M	7/5-7/14	3:35-4:05 PM	\$62/\$78
55658	M-Th	7/18-7/28	3:35-4:05 PM	\$71/\$89
55659	Tu & Th	7/19-8/11	3-3:30 PM	\$71/\$89

Bobbers 2

Children who already know how to do a front float with a kick should sign up for this class. They will work on back floats, combining parts of the crawl stroke and endurance. Work in the deep end is done as well. This is an adult/child class.

Age: 3-5				M/NM
55664	Sa	6/18-8/6	9:40-10:10 AM	\$62/\$78
55665	Su	6/19-8/7	8:30-9 AM	\$62/\$78
55666	Tu-Th, M	7/5-7/14	4:10-4:40 PM	\$62/\$78

Preschool Swim

Note to parents: In order to assist us in offering a quality program for your preschooler, we ask that you do not remain at the class unless it is otherwise stated in the description. Experience has shown that preschoolers are easily distracted due to their short attention spans. Note: Registration deadline for all activities is two weeks prior to the start of the class, unless otherwise noted.

Fearful Floaters

This class is intended for children who have a reluctance to participate in a Floaters I class, but are ready to try a class without adult participation. Taught at a slower pace, it stresses water adjustment and comfort putting their face in water. To ease your child's anxiety, adults will remain on deck for the duration of the lesson.

Age: 4-6				M/NM
55686	Sa	6/18-8/6	11:15-11:55 AM	\$67/\$84
55687	Su	6/19-8/7	9:45-10:25 AM	\$67/\$84
56121	M-Th	6/20-6/30	9:45-10:25 AM	\$77/\$96
56122	M-Th	7/18-7/28	9-9:45 AM	\$77/\$96





Floaters I

This class is designed for children who need to become adjusted to the water. They will learn to do front and back floats, kick and stroke as well as put their face in the water. Children will learn to swim five yards on their front and back.

Age: 4-6				M/NM
55708	Sa	6/18-8/6	11:15-11:55 AM	\$67/\$84
55714	Sa	6/18-8/6	9-9:40 AM	\$67/\$84
55715	Sa	6/18-8/6	9:45-10:25 AM	\$67/\$84
55716	Sa	6/18-8/6	10:30-11:10 AM	\$67/\$84
55692	Su	6/19-8/7	9-9:40 AM	\$67/\$84
55693	Su	6/19-8/7	10:30-11:10 AM	\$67/\$84
55707	Su	6/19-8/7	11:15-11:55 AM	\$67/\$84
55713	Su	6/19-8/7	12-12:40 PM	\$67/\$84
55688	M-Th	6/20-6/30	9-9:40 AM	\$77/\$96
55689	M-Th	6/20-6/30	9:45-10:25 AM	\$77/\$96
55690	M-Th	6/20-6/30	3:40-4:15 PM	\$77/\$96
55691	M-Th	6/20-6/30	4:20-4:55 PM	\$77/\$96
55709	M-Th	6/20-6/30	7:35-8:10 PM	\$77/\$96
55694	Tu-Th, M	7/5-7/14	9-9:40 AM	\$67/\$84
55695	Tu-Th, M	7/5-7/14	9:45-10:25 AM	\$67/\$84
55696	Tu-Th, M	7/5-7/14	3:40-4:15 PM	\$67/\$84
55697	Tu-Th, M	7/5-7/14	4:20-4:55 PM	\$67/\$84
55710	Tu-Th, M	7/5-7/14	7:35-8:10 PM	\$67/\$84
55717	Tu-Th, M	7/5-7/14	8:15-8:55 PM	\$67/\$84
55718	Tu-Th, M	7/5-7/14	3-3:35 PM	\$67/\$84
55698	M-Th	7/18-7/28	9:45-10:25 AM	\$77/\$96
55699	M-Th	7/18-7/28	3:40-4:15 PM	\$77/\$96
55700	M-Th	7/18-7/28	4:20-4:55 PM	\$77/\$96
55705	M-Th	7/18-7/28	9-9:40 AM	\$77/\$96
55706	M-Th	7/18-7/28	3-3:35 PM	\$77/\$96
55712	M-Th	7/18-7/28	7:35-8:10 PM	\$77/\$96
55701	M-Th	8/1-8/11	9-9:40 AM	\$77/\$96
55702	M-Th	8/1-8/11	9:45-10:25 AM	\$77/\$96
55703	M-Th	8/1-8/11	3:40-4:15 PM	\$77/\$96
55704	M-Th	8/1-8/11	4:20-4:55 PM	\$77/\$96
55711	M-Th	8/1-8/11	7:35-8:10 PM	\$77/\$96
55719	M-Th	8/1-8/11	3-3:35 PM	\$77/\$96
55720	M-Th	8/1-8/11	8:15-8:55 PM	\$77/\$96

Floaters 2

Children who are comfortable in the water, can submerge for 5-10 seconds and can swim five yards on their front and back should take this class. They will continue to work on and develop basic swimming skills, such as front and back glides, coordinated kick and arm strokes and rhythmic breathing. Prior swim lesson experience recommended.

Age: 4-6				M/NM
55739	Sa	6/18-8/6	9-9:40 AM	\$67/\$84
55725	Su	6/19-8/7	9:45-10:25 AM	\$67/\$84
55726	Su	6/19-8/7	10:30-11:10 AM	\$67/\$84
55721	M-Th	6/20-6/30	9-9:40 AM	\$77/\$96
55722	M-Th	6/20-6/30	9:45-10:25 AM	\$77/\$96
55723	M-Th	6/20-6/30	3:40-4:15 PM	\$77/\$96
55724	M-Th	6/20-6/30	4:20-4:55 PM	\$77/\$96
55727	Tu-Th, M	7/5-7/14	9-9:40 AM	\$67/\$84
55728	Tu-Th, M	7/5-7/14	9:45-10:25 AM	\$67/\$84
55729	Tu-Th, M	7/5-7/14	3:40-4:15 PM	\$67/\$84
55730	Tu-Th, M	7/5-7/14	4:20-4:55 PM	\$67/\$84
55731	M-Th	7/18-7/28	9-9:40 AM	\$77/\$96
55732	M-Th	7/18-7/28	9:45-10:25 AM	\$77/\$96
55733	M-Th	7/18-7/28	3:40-4:15 PM	\$77/\$96
55734	M-Th	7/18-7/28	4:20-4:55 PM	\$77/\$96
55735	M-Th	8/1-8/11	9-9:40 AM	\$77/\$96
55736	M-Th	8/1-8/11	9:45-10:25 AM	\$77/\$96
55737	M-Th	8/1-8/11	3:40-4:15 PM	\$77/\$96
55738	M-Th	8/1-8/11	4:20-4:55 PM	\$77/\$96

Strokers I

Children who can swim a combined stroke on their front with rhythmic breathing and on their back for at least eight yards should take this class. The focus will be on stroke development in front crawl, back crawl and elementary backstroke arms and kick. Treading water and rhythmic breathing skills will also be taught.

Age: 4-7				M/NM
55753	Su	6/19-8/7	9:45-10:25 AM	\$67/\$84
55760	Su	6/19-8/7	11:15-11:55 AM	\$67/\$84
55752	M-Th	6/20-6/30	4:20-4:55 PM	\$77/\$96
55754	Tu-Th, M	7/5-7/14	9:45-10:25 AM	\$67/\$84
55755	Tu-Th, M	7/5-7/14	3:40-4:15 PM	\$67/\$84
55756	M-Th	7/18-7/28	9-9:40 AM	\$77/\$96
55757	M-Th	7/18-7/28	3:40-4:15 PM	\$77/\$96
55758	M-Th	8/1-8/11	9:45-10:25 AM	\$77/\$96
55759	M-Th	8/1-8/11	3:40-4:15 PM	\$77/\$96

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Strokers 2

This class is for children who can swim a coordinated front crawl with rhythmic breathing and backstroke for 15 yards and are comfortable in the deep water. They will work on perfecting front/back crawl, elementary backstroke and treading water. Students will be introduced to coordinated breaststroke.

Age: 4-7				M/NM
55765	Sa	6/18-8/6	9-9:40 AM	\$67/\$84
55766	Su	6/19-8/7	11:15-11:55 AM	\$67/\$84
55761	M-Th	6/20-6/30	3:40-4:15 PM	\$77/\$96
55762	Tu-Th, M	7/5-7/14	3:40-4:15 PM	\$67/\$84
55763	M-Th	7/18-7/28	9-9:40 AM	\$77/\$96
55764	M-Th	8/1-8/11	3:40-4:15 PM	\$77/\$96

Strokers 3

This class is for children who can swim freestyle with side breathing, backstroke and elementary backstroke for 25 yards. In addition, the ability to swim a coordinated breaststroke and the butterfly kick is required. Successful completion of Strokers 2 (or comparable level in another program) is also required to enroll in this class.

Age: 4-7				M/NM
56109	Su	6/19-8/7	12-12:40 PM	\$67/\$84
56110	M-Th	6/20-6/30	4:20-4:55 PM	\$77/\$96
56111	Tu-Th, M	7/5-7/14	9-9:40 AM	\$67/\$84
56112	M-Th	8/1-8/11	9-9:40 AM	\$77/\$96

Mini Swim Team Prep

This class is for children who can swim freestyle with bilateral breathing and backstroke for 50 yards. In addition, children must swim a legal coordinated breaststroke for 25 yards and be able to do butterfly arms and kicking. Successful completion of Strokers 3 is required to enroll in this class.

Age: 5-7				M/NM
56113	M-Th	6/20-6/30	3-3:35 PM	\$77/\$96



Children/Teen Swim

Note to parents: To assist us in offering quality programs for children, we ask that parents wait in the lobby during classes. Experience has shown that children are easily distracted because of their short attention spans.

Youth 1

Water adjustment is the focus of this class. Children will be introduced to front and back floats, kicking, arm stroking, blowing bubbles and swimming seven yards front and back. Children must also be able to fully submerge and must be comfortable with all of these skills prior to moving on to Youth 2.

Age: 7+				M/NM
55787	Su	6/19-8/7	9-9:40 AM	\$62/\$77
55788	Su	6/19-8/7	11:15-11:55 AM	\$62/\$77
55789	Su	6/19-8/7	12-12:40 PM	\$62/\$77
55777	M-Th	6/20-6/30	9:45-10:25 AM	\$71/\$88
55778	M-Th	6/20-6/30	3:40-4:15 PM	\$71/\$88
55790	M-Th	6/20-6/30	4:20-4:55 PM	\$71/\$88
55779	Tu-Th, M	7/5-7/14	9-9:40 AM	\$62/\$77
55780	Tu-Th, M	7/5-7/14	9:45-10:25 AM	\$62/\$77
55781	Tu-Th, M	7/5-7/14	3:40-4:15 PM	\$62/\$77
55783	M-Th	7/18-7/28	9:45-10:25 AM	\$71/\$88
55784	M-Th	7/18-7/28	3:40-4:15 PM	\$71/\$88
55785	M-Th	8/1-8/11	9-9:40 AM	\$71/\$88
55786	M-Th	8/1-8/11	3:40-4:15 PM	\$71/\$88

Youth 2

A class for children who can submerge for 5-10 seconds, do a front and back float and swim seven yards on their front and back. Basic swimming skills, such as front and back glides, arm stroking on front and back, kicking and rhythmic breathing will be taught.

Age: 7+				M/NM
55806	Sa	6/18-8/6	11:15-11:55 AM	\$62/\$77
55794	Su	6/19-8/7	9:45-10:25 AM	\$62/\$77
55795	Su	6/19-8/7	10:30-11:10 AM	\$62/\$77
55805	Su	6/19-8/7	12-12:40 PM	\$62/\$77
55791	M-Th	6/20-6/30	9-9:40 AM	\$71/\$88
55793	M-Th	6/20-6/30	3-3:35 PM	\$71/\$88
55796	Tu-Th, M	7/5-7/14	9-9:40 AM	\$62/\$77
55797	Tu-Th, M	7/5-7/14	9:45-10:25 AM	\$62/\$77
55798	Tu-Th, M	7/5-7/14	3-3:35 PM	\$62/\$77
55799	M-Th	7/18-7/28	9-9:40 AM	\$71/\$88
55800	M-Th	7/18-7/28	9:45-10:25 AM	\$71/\$88
55801	M-Th	7/18-7/28	3-3:35 PM	\$71/\$88
55803	M-Th	8/1-8/11	9:45-10:25 AM	\$71/\$88
55804	M-Th	8/1-8/11	3-3:35 PM	\$71/\$88

Youth 3

Children who can swim a combined stroke for ten yards on their front and back should take this class. Children will learn elementary backstroke arms and kick, rhythmic breathing, how to tread water and improve their stroke.

Age: 7+				M/NM
55823	Sa	6/18-8/6	10:30-11:10 AM	\$62/\$77
55827	Sa	6/18-8/6	11:15-11:55 AM	\$62/\$77
55811	Su	6/19-8/7	9-9:40 AM	\$62/\$77
55812	Su	6/19-8/7	10:30-11:10 AM	\$62/\$77
55824	Su	6/19-8/7	11:15-11:55 AM	\$62/\$77
55807	M-Th	6/20-6/30	9-9:40 AM	\$71/\$88
55808	M-Th	6/20-6/30	9:45-10:25 AM	\$71/\$88
55809	M-Th	6/20-6/30	3-3:35 PM	\$71/\$88
55825	Tu & Th	6/21-7/14	7:30-8:10 PM	\$71/\$88
55813	Tu-Th, M	7/5-7/14	9-9:40 AM	\$62/\$77
55814	Tu-Th, M	7/5-7/14	9:45-10:25 AM	\$62/\$77
55815	Tu-Th, M	7/5-7/14	3-3:35 PM	\$62/\$77
55816	M-Th	7/18-7/28	9-9:40 AM	\$71/\$88
55817	M-Th	7/18-7/28	9:45-10:25 AM	\$71/\$88
55818	M-Th	7/18-7/28	3-3:35 PM	\$71/\$88
55819	M-Th	7/18-7/28	4:20-4:55 PM	\$71/\$88
55826	Tu & Th	7/19-8/11	7:30-8:10 PM	\$71/\$88
55820	M-Th	8/1-8/11	9-9:40 AM	\$71/\$88
55821	M-Th	8/1-8/11	9:45-10:25 AM	\$71/\$88
55822	M-Th	8/1-8/11	3-3:35 PM	\$71/\$88

Youth 4

Children who are comfortable in deep water and can swim a coordinated front crawl stroke with rhythmic breathing and backstroke for 15 yards should take this class.

Children will work on perfecting front and backstroke and treading water. Coordinated breaststroke will be introduced. Prerequisite: Youth 3

Age: 7+				M/NM
55845	Sa	6/18-8/6	9:45-10:25 AM	\$62/\$77
55831	Su	6/19-8/7	9-9:40 AM	\$62/\$77
55832	Su	6/19-8/7	9:45-10:25 AM	\$62/\$77
55843	Su	6/19-8/7	11:15-11:55 AM	\$62/\$77
55828	M-Th	6/20-6/30	9-9:40 AM	\$71/\$88
55829	M-Th	6/20-6/30	9:45-10:25 AM	\$71/\$88
55830	M-Th	6/20-6/30	3:40-4:15 PM	\$71/\$88
55846	Tu & Th	6/21-7/14	7:30-8:10 PM	\$71/\$88
55834	Tu-Th, M	7/5-7/14	9:45-10:25 AM	\$62/\$77
55835	Tu-Th, M	7/5-7/14	3-3:35 PM	\$62/\$77
55836	M-Th	7/18-7/28	9-9:40 AM	\$71/\$88
55837	M-Th	7/18-7/28	9:45-10:25 AM	\$71/\$88
55838	M-Th	7/18-7/28	3:40-4:15 PM	\$71/\$88
55847	Tu & Th	7/19-8/11	7:30-8:10 PM	\$71/\$88
55839	M-Th	8/1-8/11	9-9:40 AM	\$71/\$88
55840	M-Th	8/1-8/11	9:45-10:25 AM	\$71/\$88
55841	M-Th	8/1-8/11	3-3:35 PM	\$71/\$88
55842	M-Th	8/1-8/11	4:20-4:55 PM	\$71/\$88

Youth 5

This class is for children who can swim one length of front crawl, back crawl and swim 15 yards of elementary backstroke in good form as well as tread water, dive into and swim in deep water. Children will learn bilateral breathing for front crawl, breaststroke, sidestroke, butterfly arms and dolphin kick. All other previously learned strokes will be refined.

Age: 7+				M/NM
55858	Sa	6/18-8/6	10:30-11:10 AM	\$62/\$77
55859	Sa	6/18-8/6	9:45-10:25 AM	\$62/\$77
55850	Su	6/19-8/7	9:45-10:25 AM	\$62/\$77
55857	Su	6/19-8/7	10:30-11:10 AM	\$62/\$77
55848	M-Th	6/20-6/30	9-9:40 AM	\$71/\$88
55849	M-Th	6/20-6/30	3-3:35 PM	\$71/\$88
55851	Tu-Th, M	7/5-7/14	9-9:40 AM	\$62/\$77
55852	Tu-Th, M	7/5-7/14	4:20-4:55 PM	\$62/\$77
55853	M-Th	7/18-7/28	9:45-10:25 AM	\$71/\$88
55854	M-Th	7/18-7/28	3-3:35 PM	\$71/\$88
55855	M-Th	8/1-8/11	9-9:40 AM	\$71/\$88
55856	M-Th	8/1-8/11	4:20-4:55 PM	\$71/\$88

Youth 6

This class requires the ability to swim two lengths (50 yards) of front crawl, backstroke and 15 yards of side stroke and breaststroke, all in good form. Children will work on breaststroke, butterfly and turns in addition to refining other strokes.

Age: 7+				M/NM
55861	Su	6/19-8/7	9-9:40 AM	\$62/\$77
55862	Su	6/19-8/7	10:30-11:10 AM	\$62/\$77
55860	M-Th	6/20-6/30	9:45-10:25 AM	\$71/\$88
55864	Tu-M	7/5-7/14	9:45-10:25 AM	\$62/\$77
55865	Tu-Th, M	7/5-7/14	4:20-4:55 PM	\$62/\$77
55866	M-Th	7/18-7/28	9:45-10:25 AM	\$71/\$88
55867	M-Th	7/18-7/28	4:20-4:55 PM	\$71/\$88
55868	M-Th	8/1-8/11	9:45-10:25 AM	\$71/\$88
55869	M-Th	8/1-8/11	3-3:35 PM	\$71/\$88
55870	M-Th	8/1-8/11	4:20-4:55 PM	\$71/\$88

Youth 7

Swimmers able to swim four lengths (100 yards) of freestyle, backstroke and one full length (25 yards) of breaststroke should take this class. Children will work on stroke improvement, endurance, butterfly, turns and racing dives. Prerequisite: Youth 5 and 6

Age: 7+				M/NM
55874	Sa	6/18-8/6	10:30-11:10 AM	\$62/\$77
55875	Su	6/19-8/7	9-9:40 AM	\$62/\$77
55872	M-Th	6/20-6/30	9:45-10:25 AM	\$71/\$88
55876	M-Th	7/18-7/28	8:15-8:55 PM	\$71/\$88
55877	M-Th	8/1-8/11	9:45-10:25 AM	\$71/\$88

Swim 4 Fitness for Teens

Geared towards teens with prior swim experience (must be at least Level 7) who are looking to build their aerobic ability. The goal of the class is to swim a mile in 45 minutes with minimal stroke correction. Fins, kickboard and hand paddles are recommended. No report cards will be issued for this class.

Age: 12-17	M/NM
56116 Su 6/19-8/7 12-12:45 PM	\$62/\$77

Swim Team Prep

Swimmers must be able to swim four lengths (100 yards) of a coordinated freestyle, backstroke and breaststroke and one length (25 yards) of butterfly. Speed and endurance will be emphasized as well as turns and racing starts. Prerequisite: Youth 6 and 7

Age: 7+	M/NM
56117 M-Th 6/20-6/30 9-9:40 AM	\$71/\$88
56118 M-Th 6/20-6/30 8:15-8:55 PM	\$71/\$88

Adult Swim

Adult Beginner 1

This is an aquatic orientation class. Adults will be introduced to basic swimming skills such as front and back floats, kicking, arm strokes and rhythmic breathing.

Age: 14+	M/NM
55625 Sa 6/18-8/6 9-9:40 AM	\$62/\$77
55624 M & W 6/20-7/13 7:35-8:20 PM	\$62/\$77
55626 M & W 7/18-8/10 7:35-8:20 PM	\$71/\$88
55627 Tu & Th 7/19-8/11 8:15-9 PM	\$71/\$88

Adult Beginner 2

This class is designed for adults who have been introduced to the basics of swimming but need to work on stroke coordination and rhythmic breathing. Treading water and breaststroke will be demonstrated. Prerequisite: Adult Beginner 1

Age: 14+	M/NM
55630 Sa 6/18-8/6 9:45-10:25 AM	\$62/\$77
55628 M & W 6/20-7/13 7:35-8:20 PM	\$62/\$77
55629 Tu & Th 6/21-7/14 8:15-9 PM	\$71/\$88
55631 M & W 7/18-8/10 7:35-8:20 PM	\$71/\$88

Adult Beginner 3

Swimmers registering for this class should be comfortable in deep water, able to tread water and swim 20 yards of front and back crawl. Refine your front and back crawl and learn the elementary backstroke and breaststroke. Prerequisite: Adult Beginner 2

Age: 14+	M/NM
55632 M & W 6/20-7/13 8:20-9:05 PM	\$62/\$77
55633 Tu & Th 6/21-7/14 8:15-9 PM	\$71/\$88
55634 M & W 7/18-8/10 8:20-9:05 PM	\$71/\$88

Adult Beginner 4

Developed for participants who can swim one length of the pool but still need work on endurance and technique. Rhythmic breathing and treading water are skills required prior to taking this class. Front and backstroke, breaststroke, elementary backstroke and sidestroke techniques will be stressed. Skills will be taught to prepare students for Adult Stroke Correction. Prerequisite: Adult Beginner 3

Age: 14+	M/NM
55635 M & W 6/20-7/13 8:20-9:05 PM	\$62/\$77
55636 M & W 7/18-8/10 8:20-9:05 PM	\$71/\$88

Adult Stroke Correction

Swimmers who have perfected the basics but need to refine their strokes should take this class. Backstroke, free style, breaststroke, elementary backstroke and sidestroke will be further developed. Endurance and breathing are stressed. These sessions are not for beginners. Prerequisite: Adult Beginner 4

Age: 14+	M/NM
55944 Su 6/19-8/7 12-12:40 PM	\$62/\$77
55637 Tu & Th 7/19-8/11 8:15-9 PM	\$71/\$88

Adult Water Fitness

Aqua Boot Camp

This fast-paced class will help you reach your fitness goals now! The exercises are performed in deep water and regardless of your age, size or fitness level, you can achieve very noticeable results. Great for those whose schedules allow just one day a week to attend or as a challenging addition to some of our other programs.

Age: 14+	M/NM
56067 M 6/13 10:15-11 AM	Free Demo
56068 W 6/15 10:15-11 AM	Free Demo
55640 M 6/20-8/8 10:15-11 AM	\$33/\$40
55639 W 6/22-8/10 10:15-11 AM	\$37/\$45
55638 F 6/24-8/12 10:15-11 AM	\$37/\$45

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Visit us at:
www.rockvillemd.gov/swimcenter

Aqua Fitness

This low-impact, high-intensity program is designed to improve flexibility, range of motion, strength, muscle tone, posture and cardiovascular endurance all while burning calories! Exercises are performed in chest-deep water to music. Styrofoam barbells and/or pool noodles may be used and will be provided.

Age: 15+				M/NM
56070	W	6/15	7:10-8:10 PM	Free Demo
55641	M	6/20-8/8	8:30-9:15 AM	\$33/\$40
55644	Tu	6/21-8/9	8:30-9:15 AM	\$37/\$45
55647	Tu	6/21-8/9	9:15-10 AM	\$37/\$45
55642	W	6/22-8/10	8:30-9:15 AM	\$37/\$45
55643	W	6/22-8/10	7:10-8:10 PM	\$40/\$48
55645	Th	6/23-8/11	8:30-9:15 AM	\$37/\$45
55648	Th	6/23-8/11	9:15-10 AM	\$37/\$45
55646	F	6/24-8/12	8:30-9:15 AM	\$37/\$45

Aqua Power 3/4 Hour

This vigorous shallow water class was developed from current scientific research supporting high intensity intervals (specifically timed, fast paced motions alternating with slower paced moves) as an efficient way to increase your metabolism and burn fat.

Age: 16+				M/NM
55649	M	6/20-8/8	9:15-10 AM	\$33/\$40
55650	W	6/22-8/10	9:15-10 AM	\$37/\$45

Aqua Zumba

This high energy, low impact water fitness class incorporates Latin music and dance moves while toning, sculpting and burning fat. This workout is for men and women and requires no swimming skills.

Age: 15+				M/NM
56071	Tu	6/14	10:15-11 AM	Free Demo
55654	Tu	6/21-8/9	10:15-11 AM	\$37/\$45
55652	Th	6/23-8/11	10:15-11 AM	\$37/\$45
55653	F	6/24-8/12	9:15-10 AM	\$37/\$45

Deep Water Running and Conditioning

This program emphasizes cardiovascular strength and endurance as well as flexibility, range of motion and core strength. Classes are held in the deep water and participants use flotation belts. No swimming skills are necessary. Program will benefit runners and other active exercisers who are looking for a challenging workout.

Age: 18+				M/NM
55679	Tu	6/21-8/9	10:10-10:55 AM	\$37/\$45
55680	Th	6/23-8/11	10:10-10:55 AM	\$37/\$45

Deep Water Workout

Enjoy a class taught in the deep end of the South Pool. Ideal for participants who need a no-impact workout. Strengthen your core muscles and get an excellent workout without adding any stress to knee or hip joints. Floatation belts are used.

Age: 18+				M/NM
56087	M	6/13	9:10-9:55 AM	Free Demo
56089	Tu	6/14	7:10-7:55 PM	Free Demo
56088	W	6/15	9:10-9:55 AM	Free Demo
56090	Th	6/16	7:10-7:55 PM	Free Demo
55681	M	6/20-8/8	9:10-9:55 AM	\$33/\$40
55684	Tu	6/21-8/9	7:10-7:55 PM	\$37/\$45
55682	W	6/22-8/10	9:10-9:55 AM	\$37/\$45
55685	Th	6/23-8/11	7:10-7:55 PM	\$37/\$45
55683	F	6/24-8/12	9:10-9:55 AM	\$37/\$45

H2O Walking

Did you know thirty minutes of water walking equals two hours of walking on land? This class is perfect for weight loss or general fitness and is more challenging than you think! Non swimmers and beginners welcome. Taught in shallow to chest deep water. Music is used.

Age: 15+				M/NM
56091	M	6/13	9:15-10 AM	Free Demo
56094	Tu	6/14	7:15-8 PM	Free Demo
56092	W	6/15	9:15-10 AM	Free Demo
56095	Th	6/16	7:15-8 PM	Free Demo
55740	M	6/20-8/8	9:15-10 AM	\$33/\$40
55745	Tu	6/21-8/9	7:15-8 PM	\$37/\$45
55742	W	6/22-8/10	9:15-10 AM	\$37/\$45
55746	Th	6/23-8/11	7:15-8 PM	\$37/\$45
55743	F	6/24-8/12	9:15-10 AM	\$37/\$45

Swim for Fitness

Learn to swim farther without getting tired. The goal is to swim one mile in 45 minutes without fatigue, using different strokes. Freestyle, backstroke and breaststroke are emphasized. You do not have to be a proficient swimmer to enroll, but you must be able to swim 100 yards of crawl stroke without stopping. Swimming equipment (fins, hand paddles and pull buoys, etc.) is recommended. Next challenge for you may be the Masters.

Age: 14+				M/NM
55767	Tu & Th	6/21-8/11	8:20-9:05 PM	\$80/\$98

Rockville Swim and Fitness Center
240-314-8750

Visit us at:
www.rockvillemd.gov/swimcenter

Triathlete Swim Endurance

This class is designed for athletes preparing for Olympic to Ironman distance races or open water swims. These are coached, structured workouts, where swim specific fitness, effective technique and proper pacing will be emphasized. Race management and open water skills (drafting/close-contact, pack swimming) will be discussed and practiced. Participants should be capable of swimming 200 yards of continuous freestyle.

Age: 16+ M/NM
55772 Su 6/19-8/7 7-8:30 PM \$93/\$105

Triathlon Swim Clinic

This clinic is designed to help develop a more effective and efficient freestyle stroke and to prepare the athlete for open water/triathlon swimming. Drills and workouts will focus on stroke technique, stroke awareness, effective pacing, speed and endurance, as well as open water/ triathlon-specific skills, including sighting, drafting, passing and managing turns at buoys, and strategies for race starts, open water conditions and close-contact swimming. Participants should be capable of swimming 100 meters of continuous freestyle.

Age: 16+ M/NM
55774 Su 6/19-8/7 8:05-8:55 AM \$62/\$70

Senior Swim

Note: Senior residents pay the member fee.

60 Plus Swim

Need some exercise? This class is taught in the shallow end of the pool and is designed to emphasize stretching and toning. Work out while listening to popular oldies music. No need to swim or even get your hair wet! Some swim equipment used.

Age: 60+ M/NM
56104 Tu 6/14 2:05-2:50 PM Free Demo
56105 Th 6/16 2:05-2:50 PM Free Demo
55623 Tu & Th 6/21-8/11 2:05-2:50 PM \$36/\$36/\$45

Senior Aquacize - Advanced

This course is similar to Beginner Senior Aquacize, only faster paced. (Meets outside during the summer session.)

Age: 60+ M/NM
56100 M 6/13 11:05-11:50 AM Free Demo
56101 W 6/15 11:05-11:50 AM Free Demo
55749 M & W & F 6/20-8/12 11:05-11:50 AM \$52/\$52/\$65

Senior Aquacize - Beginner

Seniors will benefit from exercising in the water. Ease yourself into the water and get a gentle workout. Join others in this low-impact environment where the water provides gentle resistance to joints and muscles.

Age: 60+ M/NM
56102 M 6/13 10:10-10:55 AM Free Demo
56103 W 6/15 10:10-10:55 AM Free Demo
55750 M, W & F 6/20-8/12 10:10-10:55 AM \$52/\$52/\$65

Senior Exercise Swim

Stop those aches and pains. Enjoy a program designed to rejuvenate, recondition and strengthen tired, aching bodies. The natural resistance provided by the water is the ideal environment for a gentle, yet dynamic approach to a healthy body.

Age: 60+ M/NM
55751 M & W 6/20-8/10 2-2:45 PM \$34/\$34/\$42

Special Swim

Aquatic Doctor's Orders

The doctors have spoken. Now practice what they preach. Water provides a stress-free environment that enables you to continue therapy and rehabilitation. Learn additional skills in this modified exercise program. Tailored to individual needs.

Age: 16+ M/NM
55655 Tu & Th 6/21-8/11 10:10-10:55 AM \$84/\$106

Twinges in Your Hinges

Designed for, but not limited to, those suffering from arthritis and other related ailments. This low-impact class is geared toward increasing muscle strength, flexibility, range of motion, endurance and balance. Pain reduction and improved cardiovascular fitness are also emphasized.

Age: 15+ M/NM
55775 M & W 6/20-8/10 9:15-10:15 AM \$79/\$99



Nothing cancels a good class quicker than waiting until the last minute to register. If there aren't enough registrations by a certain date, the course may be canceled.

REGISTER EARLY!

Sign up for City of Rockville
Emergency Notifications



ALERT
Rockville

rockvillemd.gov/alerts



The Alert Rockville notification system relays up-to-the-minute messages to subscribers about public safety, severe weather and traffic.

Signing up is EASY!

1. Create a username and password.
2. Choose the types of alerts you want to receive.
3. Choose and prioritize your preferred method(s) of delivery – text, phone, email.
4. Enter your information - mobile phone number, home phone number, email.
5. Enter up to five locations.

For more information and to sign up, visit www.rockvillemd.gov/alerts



Public Safety • Severe Weather • Traffic



Check out the Rockville-Montgomery Swim Club

- One of the largest and most successful teams in U.S.
- 87 coaches working with 2,037 swimmers at five practice sites.

For more information, contact:
Dave Greene at
dgreene@rockvillemd.gov

Water Safety Day

**Friday, June 3 • 3:30-6:30
p.m.**

Gaithersburg Water Park
512 S. Frederick Ave., Gaithersburg

**Stay safe at the pool this
summer!**

FREE swimming event hosted by:
City of Gaithersburg • Montgomery County
City of Rockville

LEARN:

Preventing drowning, Proper use of life jackets,
Water rescue skills, Skin cancer prevention,
Swim lessons (evaluations offered)
Held Rain or Shine

Treat your dog to an afternoon



Rockville Swim and Fitness Center

Doggie Dip Day

Saturday, September 10

Noon - 4 p.m.

240-314-8750

Visit our website for additional information:
www.rockvillemd.gov/swimcenter



GLENVIEW MANSION

National Register of Historic Places

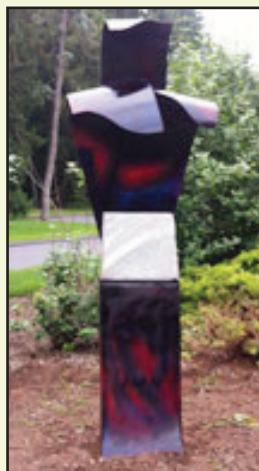
Enjoy the 1926 grandeur of the Mansion and formal gardens.

Discover Rockville's Hidden Treasure in Rockville Civic Center Park.

Special rental discounts for Rockville residents and businesses.

240-314-8660

www.rockvillemd.gov/glenview
603 Edmonston Drive



Sculpture on the Grounds

30th Annual Outdoor Sculpture Exhibit

Juried Regional Artists Show

Varied Media

July 1 - October 16

www.rockvillemd.gov/art





Glenview Mansion Art Gallery

Summer Exhibits



June 5-24

Caitlin Olson - oil & watercolor
Thomas Germer - photographs & sculpture
Art Glass of Glen Echo - art glass creations

Free Opening Reception
Sunday, June 5, 1:30-3:30 p.m.

July 5-29

The Late Bloomers - oil pastels
Lois Smith & friends - fiber & art quilts

Free Opening Reception
Sunday, July 10, 1:30-3:30 p.m.

August 7-26

Carla Steckley - photography
Deanne Cellarosi - oil
Marilyn Simon - mixed media & sculpture

Free Opening Reception
Sunday, August 7, 1:30-3:30 p.m.

Free – Open to the Public
No tickets required
240-314-8682
www.rockvillemd.gov/arts

Sunday Afternoon

Concert Series

Glenview Mansion • 1st Floor Conservatory
2 p.m.



June 5

Christian Perez and Yana Hristova

Defying all musical labels, Argentine guitarist and composer Cristian Perez and Bulgarian flutist Yana Hristova join forces in a unique duo that explores South American music, jazz, and chamber music with influences from all over the world.

July 10

Unstrung

Unstrung has performed around the Washington metro region for over 15 years, varying in instrumentation from a duo to a quintet. The group provides a unique approach to jazz by using the violin as the lead instrument.

August 7

Harmonic Introductions

This vocal ensemble is dedicated to overtone singing: a vocal technique that allows a single singer to independently control two or more notes simultaneously—a western adaptation of traditional throat singing styles originating in Tuva, Mongolia, and Tibet.

Free—No tickets required.
240-314-8682
www.rockvillemd.gov/arts

ROCKVILLE CIVIC BALLET

Summer Production



Saturday, July 30 at 7:30 p.m.
Sunday, July 31 at 2 p.m.

TICKETS: \$17 Adults; \$13 Children (ages 12 and younger)
 \$13 Seniors (ages 60 and older)

GROUP RATES \$16.50 - for seven or more adults
 \$12.50 - for 10 or more children/seniors

Tickets may be purchased from the F. Scott Fitzgerald Theatre Box office in-person, by phone, or online starting July 5.

F. SCOTT FITZGERALD THEATRE
Rockville Civic Center Park

FOR TICKETS: 240-314-8690

www.rockvillemd.gov/theatretix



Interested in
Ballet lessons?

Check out our children, teen and adult classes.
 (see pages 8, 22 and 27)

Burgers and Blues

Kick off your summer by enjoying fresh hot burgers (and hot dogs too) straight off the grill while listening to cool refreshing sounds of the Blues. Mr. James Mabry and friends will sing the blues as you feel the groove! From the muddy waters of the Delta to the juke joints of Chicago, he'll take you on a musical journey that will leave you with a smile and a greater appreciation of this uniquely American musical genre. Well behaved licensed pets welcomed.

June 24, 2016 • 7:30 p.m.

Isreal Park

(behind Lincoln Park Community Center)

FREE EVENT

\$10 Grilled Hamburger or Hot dog
 (includes chips and drink)



Looking for International Night Performers

Are you interested in showcasing your skills, celebrating and sharing your cultural talent? We'd love to have you perform for our International Night being held on Friday, Nov 18th. If interested, please email Yvette at yyeboah@rockvillemd.gov

F. Scott Fitzgerald Theatre

Rockville Civic Center Park
240-314-8690

603 Edmonston Drive, Rockville, MD 20851
www.rockvillemd.gov/theatre

Great Performances in the Neighborhood

Hometowne USA Barbershop Chorus

MUSICAL TIME

TRAVEL

May 14 at 7:30 p.m.

Tickets \$20

Rockville Chorus

SPRING CONCERT

May 22 at 7:30 p.m.

No tickets required;

\$5 suggested donation

The Washington Balalaika Society

MUSICAL STRINGS

June 4 at 8 p.m.

Tickets: \$15-\$25

Washington Metropolitan

Gamer Symphony Orchestra

VIDEO GAME MUSIC

June 25 at 7:00 p.m.

Tickets: \$6 advanced, \$7 day-of-show

Victorian Lyric Opera Company

H.M.S. Pinafore

7 performances - June 9-19

Tickets: \$24-\$28

Special \$12 preview

performance on June 9

Rockville Musical Theatre

RENT

8 performances - July 8-24

Tickets: \$20-\$22

Rockville Civic Ballet

SUMMER

PRODUCTION

July 30 at 7:30 p.m.

July 31 at 2 p.m.

Tickets: \$13-\$17

Buy more and save!

Subscription packages for the
2016-17 Season are now on sale.

Ticketing Made Easy! You can purchase all of your
tickets online by visiting us at www.rockvillemd.gov/theatretix

Box Office is open Tues.-Sat., 2-7 p.m.
and two hours prior to ticketed shows.

Financial Assistance Rockville Youth Recreation Fund

Ages 18 and younger

A limited amount of scholarships for program fees are available for residents of the City of Rockville. The participant must pay \$15 toward each program fee, unless otherwise specified. The Fund will cover the balance of the fees, up to \$100 maximum per person, per session (fall, winter, spring, summer); \$150 maximum per youth for the camp session; \$1,000 maximum per family, per year as funds permit. Any remaining balance must be paid by the participant. Financial assistance must be applied for in-person at the time of registration.

In addition, qualified participants who enroll their child in a program that meets a child care need and costs more than \$115 per month, are eligible to apply for monthly financial aid assistance of up to \$100 per month, with an additional cap of \$1,000 per family, per year as funds permit. The \$15 fee is applicable to each month. This includes, but is not limited to, preschool, after school and community center extended day programs. Summer camps are not included in this program. Applications for monthly scholarship assistance must be approved by the Superintendent of Recreation and must be applied for in-person at Rockville City Hall with the Recreation Department bookkeeper.

Limited financial assistance is available for Rockville residents, ages 19 and older, based on income. Please call 240-314-8620 for an appointment.

Documents Needed for Financial Assistance:

Participants must provide proof of Rockville residency and verification of any of the following:

- **Award letter from Maryland Dept. of Human Resources/Montgomery County Dept. of Social Services** verifying eligibility for Temporary Cash Assistance (TCA), Food Stamps (SNAP), Transitional Emergency Medical and Housing Assistance (TEMHA). The letter must indicate eligibility period and names of household members receiving benefits.
- **NEW-Proof of Medical Assistance** from Montgomery County Dept. of Social Services. Form to be received from county offices.
- **Proof participant resides in a shelter:** Letter from shelter dated within a month of application and, if applicable, listing dependents living at shelter.
- **Proof of Rental Assistance** - Public Housing, HUD Section 8 Housing, HOC (MPDU not accepted for applicants purchasing a home). This must be a current document which names the eligible tenants from the agency providing assistance.
- **Supplemental Security Income** - Document must be dated within one year of application.

How to Online



24 hours a day/7 days a week

Rock Enroll is our online registration for recreation programs.

- A family account must be set up in advance to register online.
- Go to rockenroll.rockvillemd.gov and complete the online registration form to receive a family account.
- Instructions on how to retrieve your family account and personal ID number will be emailed within 1-2 business days.
- Registration can be completed via fax, mail or walk-in without a family account set up in advance.

Donate to the People-Helping-People



Rockville Youth Recreation Fund

This scholarship fund provides financial assistance to those who would not otherwise be able to participate in our programs and activities.

If you would like to contribute, you may send a check, "add up" on your registration form or donate online at www.rockvillemd.gov/recreation

Online Donation Course #s

\$ 25 - #54026
\$ 50 - #54027
\$ 75 - #54028
\$100 - #54029

- Click on Rock Enroll
- Click on "Register for Programs"
- Enter your desired donation course number above

Donations by check may be made out in any amount.

Mail to: Rockville Department of Recreation and Parks
"Rockville Youth Recreation Fund Donation"
111 Maryland Avenue, Rockville, MD 20850

Frequently Used Program Facilities and Parks

- 1. Beall ES**, 451 Beall Ave. 20850
- 2. Broome Gym and Park**, 751 Twinbrook Pkwy. 20851
- 3. Calvin Park**, 1248 Gladstone Dr. 20851
- 4. City Hall**, 111 Maryland Ave. 20850
- 5. Civic Ctr. Park**, 603 Edmonston Dr. 20851
 - F. Scott Fitzgerald Theatre • Social Hall
 - Glenview Mansion
 - Croydon Creek Nature Center
 - Cottage • Rec. Serv. Bldg.
- 6. College Gardens ES**, 1700 Yale Pl. 20850
- 7. College Gardens Park**, 615 College Pkwy. 20850
- 8. Croydon Creek Nature Ctr.**, 852 Avery Rd. 20851
- 9. David Scull Park**, 1131 First St. 20850
- 10. Dogwood Park**, 800 Monroe St. 20850
- 11. Elwood Smith Com. Ctr.**, 601 Harrington Rd. 20852
- 12. Fallsmead ES**, 1800 Greenplace Ter. 20854
- 13. Hillcrest Park**, 1150 Crawford Dr. 20850
- 14. Julius West MS**, 651 Great Falls Rd. 20850
- 15. Kicks Karate Rockville**, 800 Pleasant Dr., Suite #140, 20850
- 16. King Farm Park**, 401 Watkins Pond Blvd. 20850
- 17. Lakewood ES**, 2534 Lindley Ter. 20850
- 18. Lincoln Park Com. Ctr./Isreal Park**, 357 Frederick Ave. 20850
- 19. Mark Twain Park**, 14501 Avery Rd. 20853
- 20. Maryvale ES/Park**, 1000 First St. 20850
- 21. Mattie J.T. Stepanek Park**, 1800 Piccard Dr. 20850
- 22. Meadow Hall ES**, 951 Twinbrook Pkwy. 20851
- 23. Montrose Com. Ctr.**, 451 Congressional Ln. 20852
- 24. Monument Park**, 550 Maryland Ave. 20850
- 25. Potomac Woods Park**, 2276 Dunster Ln. 20854
- 26. Pump House Com. Ctr.**, 401 S. Horners Ln. 20850
- 27. RedGate Golf Course**, 14500 Avery Rd. 20853
- 28. Richard Montgomery HS**
250 Richard Montgomery Dr. 20850
- 29. Ritchie Park ES**, 1514 Dunster Rd. 20854
- 30. Robert Frost MS**, 9201 Scott Dr. 20850
- 31. Rockcrest Ballet Ctr.**, 1331 Broadwood Dr. 20851
- 32. Rock Terrace School**, 390 Martins Ln. 20850
- 33. Rockville Skate Park (at Welsh Park)**,
355 Martins Ln. 20850
- 34. Rockville Fencing Academy**, 15221 Display Ct. 20850
- 35. Rockville Senior Ctr.**, 1150 Carnation Dr. 20850
- 36. Rockville Swim and Fitness Center**
355 Martins Ln. 20850
- 37. Rockville Town Square**, 200 E. Middle Ln. 20850
- 38. The School of Music**, 1331 Rockville Pk. 20850
- 39. Thomas Farm Com. Ctr.**, 700 Fallsgrove Dr. 20850
- 40. Thrive Yoga**, 1321-B Rockville Pk. 20852
- 41. Twinbrook ES**, 5911 Ridgway Ave. 20851
- 42. Twinbrook Com. Rec. Ctr.**
12920 Twinbrook Pkwy. 20851
- 43. Welsh Park**, 344 Martins Ln. 20850
- 44. Woodley Gardens Park**, 900 Nelson St. 20850
- 45. Xtreme Acro & Cheer**, 14702 Southlawn Ln. 20850



Bridget Donnell Newton, Mayor
Councilmembers
Beryl L. Feinberg, Virginia D. Onley,
Julie Palakovich Carr, Mark Pierzchala

Craig Simoneau, Acting City Manager
Tim Chesnutt, Director of Recreation and Parks
Chris Henry, Deputy Director of Recreation and Parks
Andy Lett, Superintendent of Recreation
Steve Mader, Superintendent of Parks and Facilities

Satisfaction Guarantee

The Department of Recreation and Parks is committed to providing quality programs and facilities. If you are unhappy with a camp program, we want to know! We will suggest another program for your child to try, or if you prefer, we will give you a credit. That's our "Customer Satisfaction Guarantee" to you.

Individuals with Disabilities

We encourage individuals with disabilities to register and participate in Rockville recreation programs. To adequately plan for a successful and rewarding experience, contact our office at 240-314-8620. We ask that you inform us prior to the activity start date. Ample time is needed to secure auxiliary services and aides. For additional therapeutic program opportunities, contact Montgomery County Department of Recreation at 240-777-6870; TTY 240-777-6974. Upon request, this publication will be made available in alternate formats by contacting the ADA Coordinator at 240-314-8108; TTY 240-314-8137.

Help Send A Kid to Camp!



Rockville Recreation and Parks Foundation

is a 501(c)3 organization established to:

- Improve recreational activities, programs, parks and facilities
- Support the Rockville Youth Recreation Fund
- Assist with fundraising, the acquisition and maintenance of new parks and open space
- Purchase equipment and other amenities for the city's parks and facilities.



Please send your tax deductible gift to:

200-B Monroe Street
Rockville, MD 20850
www.rrpfi.org • 240-314-8867

Name: _____

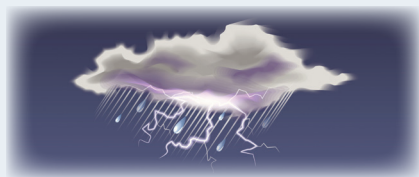
Address: _____

Email: _____

Phone: _____

This gift is in honor/memory of: _____





Inclement Weather Policy

www.rockvillemd.gov/weather

The City of Rockville works diligently to keep residents safe and informed during inclement weather or an emergency situation. When weather has the possibility of affecting a city program, meeting or facility, every attempt is made to maintain standard operations throughout the city.

Decisions about whether to cancel morning programs or close facilities will be made by 8 a.m. with an update at 9 a.m. A decision on afternoon and evening programs will be made at 1:30 p.m. with an update at 4 p.m.

Recreation Classes

If Montgomery County Public Schools (MCPS) close for the day or have a two-hour delay, morning recreation programs will be cancelled. Call 240-314-5023, the Information Line, for updates.

Swim and Fitness Center

Students can check the Swim and Fitness Center website at rockvillemd.gov/swimcenter and sign up for "Notify Me" to receive information regarding facility closures and program cancellations. Students can also call 240-314-8750 to get specific up-to-date information for each weather event. In the absence of any notice, students should assume programs are held as scheduled and the facility is open.

City Parks, Facilities Go Smoke-Free March 1

Rockville's Mayor and Council voted to expand the city's smoke-free area rules to include all city facilities and parks. For more details, please view the Oct. 19 Mayor and Council agenda at www.rockvillemd.gov/AgendaCenter

Keep in touch!

Childcare/Rec. Programs (Info. Line).....	240-314-5023
Classes, Camps, Trips.....	240-314-8620
Croydon Creek Nature Center.....	240-314-8770
Cultural Arts (Info. Line).....	240-314-5006
Directions Line: City Hall, Civic Center, Senior Center, Swim Center	240-314-5047
Lincoln Park Community Center	240-314-8780
Parks and Facilities Maintenance.....	240-314-8700
Park and Picnic Rentals	240-314-8660
Recreation and Parks Administration	240-314-8600
RedGate Golf Course.....	240-406-1650
Rockville Skate Park.....	240-314-8620
Rockville Civic Center Park:	
Art Gallery	240-314-8682
Glenview Mansion.....	240-314-8660
F. Scott Fitzgerald Theatre Box Office.....	240-314-8690
Rockville Swim and Fitness Center	240-314-8750
Rockville Senior Center.....	240-314-8800
Special Events Line (Info. Line)	240-314-5022
Sports Line (Info. Line).....	240-314-5055
Thomas Farm Community Center.....	240-314-8840
Twinbrook Community Rec. Center.....	240-314-8830
TTY (City Hall)	240-314-8137

We are now accepting Medical Assistance!

City of Rockville residents receiving Medical Assistance through Montgomery County are now eligible to receive financial assistance from City of Rockville's Recreation Fund for their children.

Please call 240-314-8620 for more information.

MAIN CONTACT: *required information*Primary Phone: _____ ☐ Check here if new address/phone since last time registered.

*Last Name _____ *First Name _____ DOB: / / Sex: M/F

*Address: _____

*City/State/Zip _____

*Secondary Phone _____ * Email Address: _____

EMERGENCY CONTACT: (other than parent or adult participant)

First Name _____ Last Name _____ Phone _____

PARTICIPANTS:


Name (Last, First)	Sex M/F	Birthdate M/D/Y	Activity/ Class Name	Course #	School Attending	Sch. Yr. '15-'16 Grade	Fee

Rec Fund: \$ _____ Sr. Ctr. Mem: \$ _____ Multi-Course Discount: \$ _____
 \$10 _____ \$25 _____ \$50 _____ Other \$ _____ Contribution to Recreation Fund Youth Scholarship: \$ _____
 Total: \$ _____

Special Needs: Participants with special needs should contact our office prior to activity.

Release, Waiver, Assumption of Risk and Consent

Participation in the program may be a hazardous activity. Participant should not participate in the program unless participant is in good physical shape and is medically able. Participant (or parent or guardian on behalf of a minor child participant) assumes all risks associated with participation in this program, including but not limited to, those generally associated with this type of program, the hazards of traveling on public roads, of accidents, of illness, and of the forces of nature. In consideration of the right to participate in the program and in further consideration of the arrangement made for the participant by the Mayor and Council of Rockville through its Department of Recreation and Parks for food, travel, and recreation, the participant, his or her heirs, and executors, or a parent or guardian on behalf of a minor child participant, agrees to release and indemnify the Mayor and Council of the City of Rockville and all of its agents, officers and employees, from any and all claims for injuries or loss of any person or property which may arise out of or result from participation in the program. The participant (or the parent or guardian on behalf of a minor child participant) grants permission for a doctor or emergency medical technician to administer emergency treatment of the participant and consents to the City's use of photographs taken or videotapes made of the program that include the participant. Neither the instructor nor any of the staff are responsible for participants prior to or after the scheduled program.

*Signature of Participant/Guardian **PAYMENT**Amount Paid \$ _____ Cash ☐ Check # _____☐  ☐  _____ Exp. Date ____/____/____

Signature (name on card) _____

OFFICE USE ONLY:

Check _____ Cash _____ Charge _____

Other _____

Processed by: _____

Date Processed: _____

Total Paid: \$ _____

Discounts:

- Multiple class discounts may not be combined. One discount will be applied per person/per registration.

Main Line: 240-314-8620 • Fax: 240-314-8659

City of Rockville

111 Maryland Ave., Rockville, MD 20850

CONTACTO PRINCIPAL: *información obligatoria

*Teléfono fijo: _____

☐ Marque este casillero si cambió su dirección/su teléfono desde la última vez que se inscribió.

*Apellido _____ *Nombre _____ Fecha de nacimiento: / / Sexo: M/F

*Dirección: _____

*Ciudad/Estado/Código postal _____

*Teléfono del trabajo _____ * Dirección de correo electrónico: _____

CONTACTO PARA EMERGENCIAS: (que no sean los padres o un adulto participante)

*Teléfono fijo secundario: _____ Apellido _____ Teléfono _____

PARTICIPANTES:

Nombre (Apellido, Nombre)	Sexo M/F	Fecha de nacimiento D/M/A	Nombre de la actividad/clase	N.º de curso	Escuela a la que asiste	Año escolar '15-'16 Grado	Tarifa

Fondo de rec.: \$ _____ Miembro de hogar de ancianos: \$ _____ Descuento por asistencia a varios cursos: \$ _____

Contribución adicional al Fondo de recreación: \$ _____

Total: \$ _____

Necesidades especiales: Los participantes con necesidades especiales deben comunicarse con nuestra oficina antes de desarrollar la actividad.**Descargo y exención de responsabilidad, asunción de riesgos y consentimiento**

Participar en el programa puede ser una actividad peligrosa. El participante no debe tomar parte en el programa a menos que se encuentre en buen estado físico y sea apto desde el punto de vista médico. El participante (o su padre/madre/tutor en representación de un niño menor participante) asume todos los riesgos asociados a su participación en este programa, incluidos los que suelen asociarse a este tipo de programa, los riesgos de viajar por caminos públicos, de sufrir accidentes o enfermedades, y de exponerse a las fuerzas de la naturaleza. En relación con el derecho de participar en el programa y con los arreglos hechos para el participante por el Alcalde y el Consejo de Rockville a través de su Departamento de Recreación y Parques en torno a la comida, a los traslados y a la recreación, el participante, sus herederos y albaceas, o su padre/madre o tutor en representación de un niño menor participante, acuerda exonerar e indemnizar al Alcalde y al Consejo de la ciudad de Rockville y a todos sus agentes, funcionarios y empleados de cualquier reclamación por lesiones o pérdida de cualquier persona o propiedad que pudiera surgir o resultar de la participación en el programa. El participante (o su padre/madre/tutor en representación de un niño menor participante) otorga permiso para que un médico o un técnico médico de emergencias administren tratamiento de emergencia al participante y acepta que la Municipalidad use fotografías o videos del programa que incluyan al participante. Ni el instructor ni ningún miembro del personal son responsables de los participantes antes o después del programa establecido.

*Firma del participante/tutor  _____**PAGO**Importe pagado \$ _____ Efectivo ☐ Cheque N.º _____

Vencimiento Fecha ____/____/____

Firma (nombre que aparece en la tarjeta) _____

SÓLO PARA USO DE LA OFICINA:

Cheque _____ Efectivo _____ Cargo _____

Otro _____

Procesado por:

Fecha de procesamiento:

Total pagado: \$ _____

Registration Begins:

- Thursday, May 12 for all (May 10 for swim and senior center members), 8:30 a.m. by mail, fax, walk-in and online.

Registration Deadlines:

- The registration deadline for all activities is two weeks prior to the start of the class unless otherwise noted.
- Programs may be canceled if registration is insufficient. If a program is canceled, we will contact you. You may then select an alternate program, request a credit or a refund.
- Late registrations will be accepted if space is available.

Registration Form and Payment:

- Complete the registration form. You may combine recreation activity fees in one check, made payable to the City of Rockville. Note: \$35 returned check charge.
- Visa and MasterCard also are accepted for payment.

Credits and Refunds:

- If staff cancels a class, refunds will automatically be issued.
- Our programs require advanced planning and purchase of supplies to provide a quality experience, therefore requests for a refund or credit must be submitted in writing to the program supervisor at least seven days in advance of the start of the program. Less than seven days prior to the start of a program, requests for a refund or credit will be considered if accompanied by proper medical or other requested documentation. Proration and administrative fees apply.
- The following administrative fees are charged for issuing a refund or credit: programs/classes \$15; summer playgrounds \$25; childcare \$50; senior programs \$10; sports teams \$100; individual sports participants \$10; swim \$10; teens \$10. A credit will be applied to your City of Rockville account for registrations under \$20 (exceptions: nature, senior, swim and teen programs).
- We are committed to providing quality programs and facilities. If you are unhappy with our services, please contact us. We will suggest another program to try, or if you prefer, will give you a full credit or refund your money. That's our "Customer Satisfaction Guarantee."

Transfers:

- Requests are subject to availability. Requests must be in writing. Registrations cannot be transferred from one registrant to another due to wait lists. Note: \$25 fee is assessed for child care programs.



**Most convenient method.
7 days a week.**

1. Online:

- www.rockvillemd.gov/recreation
click on Rock Enroll Registration under "Quick Links"

2. Fax to:

- Rockville City Hall - 240-314-8659
- Rockville Swim and Fitness Center - 240-314-8759
- Rockville Senior Center - 240-314-8809
- Croydon Creek Nature Center - 240-314-8779
- Lincoln Park Com. Center - 240-314-8789
- Thomas Farm Com. Center - 240-314-8849
- Twinbrook Com. Rec. Center - 240-314-8839

3. Mail to:

- Rockville City Hall, Dept. of Rec. and Parks
111 Maryland Avenue 20850
- Rockville Swim and Fitness Center
355 Martins Lane 20850
- Rockville Senior Center
1150 Carnation Drive 20850
- Croydon Creek Nature Center
852 Avery Road 20851
- Lincoln Park Community Center
357 Frederick Avenue 20850
- Thomas Farm Community Center
700 Fallsgrove Drive 20850
- Twinbrook Community Recreation Center
12920 Twinbrook Parkway 20851

4. Walk-In:

- All locations listed above accept walk-ins.
Hours vary by facility. Call in advance to avoid unnecessary trips.



Use your smart phone
for quick access to
our website.

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Rockville, Maryland 20850-2364

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www.rockvillemd.gov/events